

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:30p XaBeat 6:30p Fund I (A) 6:30p Fund II/III (A) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (A)	2 5:45p Aerial Pole I/II (A) 6:45p Fund I (B) 7:45p Beginners Yoga	3 5:30p Intro to Spin Pole	4 CLOSED 4th of July
5 CLOSED 4th of July	6 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks	7 5:45p Fund II/III (B) 6p Aerial Silk Fitness 6:45p Fund I (C)	8 6:30p Fund I (B) 6:30p Fund II/III (B)	9 5:45p Aerial Pole I/II (B) 6:45p Fund I (A) 7:45p Beginners Yoga	10 5:30p Intro to Spin Pole 6:30p Heel Technique	11 CLOSED
12 12p Guided Freestyle 6:30p Holistic Stretch	13 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks	14 5:45p Fund II/III (C) 6p Aerial Silk Fitness 6:45p Fund I (D)	15 5:30p XaBeat 6:30p Fund I (C) 6:30p Fund II/III (C) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (B)	16 5:45p Aerial Pole I/II (C) 6:45p Fund I (B) 7:45p Beginners Yoga	17 5:30p Intro to Spin Pole 6:30p Heel Technique	18 CLOSED
19 12p Guided Freestyle 4:30p Aerial Spin Pole 5:30p Aerial Silk Yoga 6:30p Holistic Stretch	20 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks	21 5:45p Fund II/III (D) 6p Aerial Silk Fitness 6:45p Fund I (A)	22 5:30p XaBeat 6:30p Fund I (D) 6:30p Fund II/III (D) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (C)	23 5:45p Aerial Pole I/II (D) 6:45p Fund I (C) 7:45p Beginners Yoga	24 5:30p Intro to Spin Pole 6:30p Heel Technique	25 CLOSED
26 12p Guided Freestyle 4:30p Aerial Spin Pole 5:30p Aerial Silk Yoga 6:30p Holistic Stretch	27 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks	28 5:45p Fund II/III (A) 6p Aerial Silk Fitness 6:45p Fund I (B)	29 5:30p XaBeat 6:30p Fund I (A) 6:30p Fund II/III (A) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (D)	30 5:45p Aerial Pole I/II (A) 6:45p Fund I (D) 7:45p Beginners Yoga	31 5:30p Intro to Spin Pole 6:30p Heel Technique	

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

Zero Gravity New Class
Pole Fundamentals I Series
4 Classes for \$50

Thursdays starting July 9th @ 6:45 pm

Tuesdays starting July 21st @ 6:45 pm

zerogravityfargo.com

TODAY!

701-630-5866

Registration Available Online or by Phone

SIGN UP FOR CLASSES

zerogravityfargo.com