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July 2024

to schedule call **701-630-5866**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Pole Fund IV/V/A1 (A) 7:30p Pound	2 No Classes	3 10a Progressive Pole* 6:30p Aerial Silks II 6:30p Pole Fund I/II (D)	4 STUDIO CLOSED 4th of July Holiday	5 STUDIO CLOSED 4th of July Holiday	6 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle
7 10:30a Energy Stretch* 12:30p Progressive Pole* 4p Lyra III 5p Fund III/IV 6p Twerk-Out 7p Progressive Pole*	8 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Lyra I 5:45p FREE Lyra I 5:45p Pole Fund IV/V/A1 (B) 6:45p FREE Pole Fund I 7:30p Pound	9 No Classes	10 10a Progressive Pole* 6:30p Aerial Silks II	11 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra III/IV 6:30p Spin Pole I/II	12 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	13 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle
14 10:30a Energy Stretch* 12:30p Progressive Pole* 4p Lyra III 5p Fund III/IV 6p FREE Twerk-Out 7p Progressive Pole*	15 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Lyra I 5:45p Pole Fund IV/V/A1 (C) 6:45p Pole Fund I/II (B) 7:30p FREE POUND	16 5:45p FREE Pole Fund I	17 10a Progressive Pole* 6:30p Aerial Silks II 6:45p FREE Pole Fund I	18 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra III/IV 6:30p Spin Pole I/II	19 5:30p Progressive Pole* 5:45p FREE Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	20 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle
21 10:30a Energy Stretch* 12:30p Progressive Pole* 4p Lyra III 5p Fund III/IV 6p Twerk-Out 7p Progressive Pole*	22 10a Progressive Pole* 5:30p Progressive Pole* 5:45p FREE Lyra I 5:45p Pole Fund IV/V/A1 (D) 6:45p Pole Fund I/II (C) 7:30p Pound	23 No Classes	24 10a Progressive Pole* 6:30p Aerial Silks II 6:30p Pole Fund I/II (B)	25 5:30p Progressive Pole* 5:45p Spin Pole III/IV 6:30p Lyra III/IV 6:30p Spin Pole I/II	26 5:30p Progressive Pole* 5:45p Floorwork 6:45p FREE Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	27 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle
28 10:30a Energy Stretch* 12:30p Progressive Pole* 4p Lyra III 4:30p AI-III/Adv/T&T 5p Fund III/IV 6p Twerk-Out 7p Progressive Pole*	29 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Lyra I 5:45p Pole Fund IV/V/A1 (A) 6:45p Pole Fund I/II (D) 7:30p FREE Pound	30 No Classes	31 10a Progressive Pole* 6:30p Aerial Silks II 6:30p Pole Fund I/II (C)			

Zero Gravity Alternative Fitness
3350 35th Ave S. Suite 7, Fargo ND
*contact RyLee at 701-729-1499

FREE CLASSES:

Pole Fund I - July 8 @ 6:45p
July 16 @ 5:45p
July 17 @ 6:45p

Lyra I - July 8 @ 5:45p
July 22 @ 5:45p

Pound - July 15 @ 7:30p
July 29 @ 7:30p

Twerk-Out - July 14 @ 6p