

# March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>*4pm INTRO YOGA WKSHP</b> 5p Tricks & Transitions 6:30p Fund I-III (A) 7p Aerial Yoga	2 6p Aerial Pole I/II (A) 6:30p Aerial Silk Tricks 7:30p Fund I (C) 8:30p Pole-ates	3 6p Fund I (D) 6p Aerial Silk Fitness 7p Fund II/III (D)	4 5:30p XaBeat 6:30p Fund I (A) 6:30p Fund II/III (A) 7:30p Aerial Pole II/III (D)	5 5p Aerial Silk Fitness 6p Aerial Pole I/II (C) 7p Fund I (B) 8p Yoga	6 12p Barre 6p Floorwork 7p Flow	7 10a Intro Spin Pole 11a Fund I-II (B)
8 <b>*4pm INTRO YOGA WKSHP</b> 5p Tricks & Transitions 6:30p Fund I-III (B) 7p Aerial Yoga	9 6p Aerial Pole I/II (B) 6:30p Aerial Silk Tricks 7:30p Fund I (D) 8:30p Pole-ates	10 6p Fund I (A) 6p Aerial Silk Fitness 7p Fund II/III (A)	11 <b>5:30p FREE XaBeat</b> 6:30p Fund I (B) 6:30p Fund II/III (B) 7:30p Aerial Pole II/III (A)	12 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (D) 7p Fund I (C)	13 6p Floorwork 7p Flow	14 10a Intro Spin Pole 11a Fund I-II (C)
15 <b>*4p TWERK-OUT CLASS</b> 5p Tricks & Transitions 6:30p Fund I-III (C) 7p Aerial Yoga	16 6p Aerial Pole I/II (C) 6:30p Aerial Silk Tricks <b>7:30p FREE Pole Fund I</b> 8:30p Pole-ates	17 6p Fund I (B) 6p Aerial Silk Fitness 7p Fund II/III (B)	18 5:30p XaBeat 6:30p Fund I (C) 6:30p Fund II/III (C) 7:30p Aerial Pole II/III (B)	19 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (A) 7p Fund I (D) 8p Yoga	20 12p Barre 6p Floorwork 7p Flow	21 10a Intro Spin Pole 11a Fund I-II (D)
22 <b>*4pm INTRO YOGA WKSHP</b> 5p Tricks & Transitions 6:30p Fund I-III (D)	23 6p Aerial Pole I/II (D) 6:30p Aerial Silk Tricks 7:30p Fund I (B) 8:30p Pole-ates	24 6p Fund I (C) 6p Aerial Silk Fitness 7p Fund II/III (C)	25 5:30p XaBeat 6:30p Fund I (D) 6:30p Fund II/III (D) 7:30p Aerial Pole II/III (C)	26 12p Guided Freestyle 5p Aerial Silk Fitness 6p Aerial Pole I/II (B) 7p Fund I (A) 8p Yoga	27 12p Barre <b>6p FREE Floorwork</b> 7p Flow	28 10a Intro Spin Pole 11a Fund I-II (A)
29 <b>*4p TWERK-OUT CLASS</b> 5p Tricks & Transitions 6:30p Fund I-III (A) 7p Aerial Yoga	30 6p Aerial Pole I/II (A) 6:30p Aerial Silk Tricks 7:30p Fund I (C) 8:30p Pole-ates	31 6p Fund I (D) 6p Aerial Silk Fitness 7p Fund II/III (D)				

## Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

zerogravityfargo.com

701-630-5866

## \*CHECK OUT OUR SPECIAL EVENTS\*

*New Pole Fundamentals I Sessions*

*4 Classes for only \$50*

*Tuesdays starting March 10th @ 6pm*

*Thursdays starting March 26th @ 7pm*

*Space is very limited - please call to register*

## FREE CLASSES

**Pole: March 16th @ 7:30 pm**

**XaBeat: March 11th @ 5:30 pm**

**Floorwork: March 27th @ 6 pm**

**SIGN UP FOR CLASSES TODAY!**

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