

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10a Progressive Pole* 6:30p Progressive Pole*	2 5:30p Aerial Silks I 6p Aerial Pole I/II (D) 6:30p Interm Lyra	3 12p Aerial Silks I 12:15p Barre 1p Progressive Pole* 6:30p Heels & Style	4 1p Inversion WKSHP* 1p Aerial Freestyle Po
5 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 4p Intro/Beginner Lyra 4p Pole Freestyle 5p Progressive Pole*	6 10a Progressive Pole* 5:15p Stretch w/ Rylee* 5:30p Tricks & Transitions 6:15p Progressive Pole* 6:30p BELLY DANCE WKSHP 6:30p Pole Fund I/II (B) 7:30p Pound	7 5:30p Pole 300 w/ Stacy Ann 7p Boot Camp w/ Stacey Ann	8 10a Progressive Pole* 5:15p FREE Pole Fund I 5:30p Twerk-Out 5:30p Aerial Silks II 6:30p Progressive Pole* 6:30p Intro/Beginner Lyra 6:30p Pole Fund II/III (A) 7:30p Interm/Adv Lyra	9 5:30p Aerial Silks I 6p Aerial Pole I/II (A) 6:30p Interm Lyra 6:30p Mixed Levels Spin Pole	10 12p Aerial Silks I 12:15p Barre 1p Progressive Pole* 6:30p FREE Heels & Style	11 1p Inversion WKSHP* 1p Aerial Freestyle
12 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 4p Intro/Beginner Lyra 4p Pole Freestyle 5p Progressive Pole*	13 10a Progressive Pole* 5:15p Stretch w/ Rylee* 5:30p Tricks & Transitions 6:15p Progressive Pole* 6:30p BELLY DANCE WKSHP 6:30p Pole Fund I/II (C) 7:30p FREE Pound	14 5:30p Pole 300 w/ Stacy Ann 6:30p Aerial Silks I 7p Boot Camp w/ Stacey Ann	15 10a Progressive Pole* 5:15p Pole Fund I/II (B) 5:30p Aerial Silks II 6:30p Progressive Pole* 6:30p Pole Fund II/III (B) 7:30p Interm/Adv Lyra	16 5:30p Aerial Silks I 6p Aerial Pole I/II (B) 6:30p Interm Lyra 6:30p Mixed Levels Spin Pole	17 12p Aerial Silks I 12:15p Barre 1p Progressive Pole* 6:30p Heels & Style	18 1p Inversion WKSHP* 1p Aerial Freestyle
19 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 4p Intro/Beginner Lyra 4p Pole Freestyle 5p Progressive Pole*	20 10a Progressive Pole* 5:15p Stretch w/ Rylee* 5:30p Tricks & Transitions 6:15p Progressive Pole* 6:30p BELLY DANCE WKSHP 6:30p Pole Fund I/II (D)	21 5:30p Pole 300 w/ Stacy Ann 7p Boot Camp w/ Stacey Ann	22 10a Progressive Pole* 5:15p Pole Fund I/II (C) 5:30p FREE Twerk-Out 5:30p Aerial Silks II 6:30p Progressive Pole* 6:30p Intro/Beginner Lyra 6:30p Pole Fund II/III (C) 7:30p Interm/Adv Lyra	23 5:30p Aerial Silks I 6p Aerial Pole I/II (C) 6:30p Interm Lyra 6:30p Mixed Levels Spin Pole	24 12p FREE Aerial Silks I 12:15p Barre 1p Progressive Pole* 6:30p Heels & Style	25 1p Inversion WKSHP* 1p Aerial Freestyle
26 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 4p Intro/Beginner Lyra 4p Pole Freestyle 5p Progressive Pole*	27 10a Progressive Pole* 5:15p Stretch w/ Rylee* 6:15p Progressive Pole* 6:30p BELLY DANCE WKSHP 7:30p Pound	28 5:30p Pole 300 w/ Stacy Ann 6:30p FREE Aerial Silks I 7p Boot Camp w/ Stacey Ann	29 10a Progressive Pole* 5:15p Pole Fund I/II (D) 5:30p Twerk-Out 5:30p Aerial Silks II 6:30p Progressive Pole* 6:30p Intro/Beginner Lyra 6:30p Pole Fund II/III (D) 7:30p Interm/Adv Lyra	30 5:30p Aerial Silks I 6p Aerial Pole I/II (D) 6:30p Interm Lyra 6:30p Mixed Levels Spin Pole	31 12p Aerial Silks I 1p Progressive Pole* 6:30p Heels & Style	

Zero Gravity Alternative Fitness
3350 35th Ave S. Suite 7, Fargo ND
* please contact RyLee Sue
on FB or 701-729-1499

FREE CLASSES: 6 week BELLY DANCE WORKSHOP begins March 6th @ 6:30p
Pole Fund I - March 8 @ 5:15p
Heels & Style - March 10 @ 6:30p
Aerial Silks I - March 24 @ 12p / March 28 @ 6:30p
Pound - March 13 @ 7:30p
Twerk Out - March 22 @ 5:30p