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# March 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<sup>1</sup> 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	<sup>2</sup> 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle 1:15p Aerial Silks II
<sup>3</sup> 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4:30p AI-III/Adv/T&T 6p Splits & Straddles*	<sup>4</sup> 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Pole Fund III/IV (A) <b>6:45p Free Pole Fund I</b> 7:30p Pound	<sup>5</sup> 5:30p Pole 300 w/ Stacey Ann 5:45p Fund IV-A1 6p Twerk-Out 7p Pole Fund II/III (A)	<sup>6</sup> 10a Progressive Pole* <b>5:30p FREE Lyra I</b> 6:30p Aerial Silks I	<sup>7</sup> 5:30p Lyra III 5:30p Progressive Pole* 5:45p Mixed Levels Spin Pole 6:30p Lyra IV	<sup>8</sup> 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle <b>7:30p ZG After Dark Mini Showcase</b>	<sup>9</sup> 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle 1:15p Aerial Silks II
<sup>10</sup> 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4:30p AI-III/Adv/T&T 6p Splits & Straddles*	<sup>11</sup> 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Pole Fund III/IV (B) 6:45p Pole Fund I/II (B) <b>7:30p FREE Pound</b>	<sup>12</sup> 5:30p Pole 300 w/ Stacey Ann 6p Twerk-Out 7p Pole Fund II/III (B)	<sup>13</sup> 10a Progressive Pole* <b>6:30p FREE Pole Fund I</b>	<sup>14</sup> 5:30p Progressive Pole* 5:45p Mixed Levels Spin Pole 6:30p Lyra IV 6:45p Progressive Pole*	<sup>15</sup> 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	<sup>16</sup> 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle
<sup>17</sup> 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4:30p AI-III/Adv/T&T 6p Splits & Straddles*	<sup>18</sup> 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Pole Fund III/IV (C) 6:45p Pole Fund I/II (C) 7:30p Pound	<sup>19</sup> 5:30p Pole 300 w/ Stacey Ann 5:45p Fund IV-A1 <b>6p FREE Twerk-Out</b> 7p Pole Fund II/III (C)	<sup>20</sup> 10a Progressive Pole* 5:30p Lyra I 6:30p Pole Fund I/II (B) 6:30p Aerial Silks I	<sup>21</sup> 5:30p Lyra III 5:30p Progressive Pole* 6:30p Lyra IV 6:45p Progressive Pole*	<sup>22</sup> 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	<sup>23</sup> 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle <b>10a Lollipop I/II WKSHP</b> <b>11a Lollipop III/IV WKSHP</b> 1:15p Aerial Silks II
<sup>24</sup> 11:45p Pole 200 w/ SA 1p Pole 400 w/ SA 1:45p Progressive Pole* 4:30p AI-III/Adv/T&T 6p Splits & Straddles*	<sup>25</sup> 10a Progressive Pole* 5:30p Progressive Pole* 5:45p Pole Fund III/IV (D) 6:45p Pole Fund I/II (D) 7:30p Pound	<sup>26</sup> 5:30p Pole 300 w/ Stacey Ann 5:45p Fund IV-A1 6p Twerk-Out 7p Pole Fund II/III (D)	<sup>27</sup> 10a Progressive Pole* 5:30p Lyra I 6:30p Pole Fund I/II (C) <b>6:30p FREE Aerial Silks I</b>	<sup>28</sup> 5:30p Lyra III 5:30p Progressive Pole* 5:45p Mixed Levels Spin Pole 6:30p Lyra IV 6:45p Progressive Pole*	<sup>29</sup> 5:30p Progressive Pole* 5:45p Floorwork 6:45p Heels & Style 6:45p Pole Freestyle 6:45p Aerial Freestyle	<sup>30</sup> 10a Inversion WKSHP* 10a Pole Freestyle 10a Aerial Freestyle 1:15p Aerial Silks II

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

**Mini Showcase & Bingo**  
**Zero Gravity After Dark**  
**March 8th**  
**\$15; Doors 7p**

## EVENTS:

**Lollipop Workshops**  
**10a INTRO/BEGINNER (I/II)**  
**11a INTERMED/ADVANCED (III/IV)**  
Cost: **\$30 (Members \$25)**

## FREE CLASSES:

**Pole Fund I** - March 4 @ 6:45p  
March 13 @ 6:30p  
**Aerial Silks I** - March 27 @ 6:30p  
**Twerk-Out** - March 19 @ 6p  
**Lyra I** - March 6 @ 5:30p  
**Pound** - March 11 @ 7:30p