

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:30p XaBeat 6:30p Fund II/III (B) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (D)	2 6p Aerial Pole I/II (C) 7p Fund I (B) 7p Aerial Silk Fitness 8p Yoga	3 12p Barre 6p Floorwork 7p Flow	4 8:45a Drillz for Skillz
5 6p Fund II/III (C)	6 5p Yoga 6p Aerial Pole I/II (C) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p Fund I (D) 8:45p Pole-ates	7 11:30a Guided Freestyle 5:30p Technique Tune Up 6:20p Tricks & Transitions 7p Aerial Silk Fitness 7p Fund II/III (C)	8 5:30p FREE XABEAT CLASS 6:30p Fund I (B) 6:30p Fund II/III (C) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (A)	9 6p Aerial Pole I/II (D) 7p Fund I (C) 7p Aerial Silk Fitness 8p Yoga	10 12p Barre	11 8:45a Drillz for Skillz 10a Intro Spin Pole 11a Fund I (A)
12 6p Fund II/III (D)	13 5p Yoga 6p Aerial Pole I/II (D) 6:30p Aerial Silk Tricks 6:50p Pole Cardio	14 11:30a Guided Freestyle 5:30p Technique Tune Up 6:20p Tricks & Transitions 7p Aerial Silk Fitness 7p Fund II/III (D)	15 5:30p XaBeat 6:30p Fund I (C) 6:30p Fund II/III (D) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (B)	16 6p Aerial Pole I/II (A) 7p Fund I (D) 7p Aerial Silk Fitness 8p Yoga	17 12p Barre 6p Floorwork 7p FREE Flow CLASS	18 8:45a Drillz for Skillz 10a Intro Spin Pole 11a Fund I (B)
19 STUDIO CLOSED INSTRUCTOR TRAINING	20 5p Yoga 6p Aerial Pole I/II (A) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p Fund I (A) 8:45p Pole-ates	13 11:30a Guided Freestyle 5:30p Technique Tune Up 6:20p Tricks & Transitions 7p Aerial Silk Fitness 7p Fund II/III (A)	22 5:30p XaBeat 6:30p Fund I (D) 6:30p Fund II/III (A) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (C)	23 6p Aerial Pole I/II (B) 7p Fund I FREE CLASS 7p Aerial Silk Fitness 8p Yoga	24 12p Barre 6p Floorwork 7p Flow	25 STUDIO CLOSED MEMORIAL DAY HOLIDAY
26 STUDIO CLOSED MEMORIAL DAY HOLIDAY	27 STUDIO CLOSED MEMORIAL DAY HOLIDAY	28 11:30a Guided Freestyle 5:30p Technique Tune Up 6:20p Tricks & Transitions 7p Aerial Silk Fitness 7p Fund II/III (B)	29 5:30p XaBeat 6:30p Fund I (A) 6:30p Fund II/III (B) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (D)	30 6p Aerial Pole I/II (C) 7p Fund I (B) 7p Aerial Silk Fitness 8p Yoga	31 12p Barre 6p Floorwork 7p Flow	

Zero Gravity Alternative Fitness
3350 35th Ave S. Suite 7
Fargo, ND

Zero Gravity
FIND YOUR STRENGTH

FREE CLASSES
Pole FUND I: May 23rd @ 7 pm
Pole FLOW: May 17th @ 7 pm
XaBeat: May 8th @ 5:30 pm

zerogravityfargo.com

701-630-5866

SIGN UP FOR CLASSES TODAY!

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