

# May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9a Drills 4 Skillz 10a On the Ball 11a Pole HIIT 5p Hooping WKSHP
2 11a Beginner Series 4:30p Aerial Spin Pole 5:30p Technique Refinement 6:30p Holistic Stretch	3 10a Beginner Series 5p Fund I (B) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 7:45p Pound	4 4:30p Pole ALL Levels (A) 5:30p Fund III-All (D) 5:30p Fund II/III (A) 6:30p Aerial Silk Fitness 6:30p Fund I/II (C)	5 5:30p Beginner Lyra 6:30p Fund I (D) 6:30p Fund II/III (D) 7:30p Aerial Pole I/II (B)	6 3:30p Pole ALL Levels (C) <b>4:30p FREE XABEAT</b> 6p Aerial Pole I/II (C) 5:30p Floorwork 6:30p Interm Lyra 7:30p Interm Spin Pole	7 5:30p Intro Spin Pole	8 9a Drills 4 Skillz 10a On the Ball 11a Pole HIIT 5p Hooping WKSHP
9 11a Beginner Series 3p Youth Silks 4:30p Aerial Spin Pole 5:30p Technique Refinement 6:30p Holistic Stretch	10 10a Beginner Series 5p Fund I (C) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 7:45p Pound	11 4:30p Pole ALL Levels (B) 5:30p Fund III-All (A) 5:30p Fund II/III (B) 6:30p Aerial Silk Fitness 6:30p Fund I/II (D)	12 5:30p Beginner Lyra 6:30p <b>Fund I FREE CLASS</b> 6:30p Fund II/III (A) 7:30p Aerial Pole I/II (C)	13 3:30p Pole ALL Levels (D) 4:30p XaBeat 5:30p Floorwork 6p Aerial Pole I/II (D) 6:30p Interm Lyra 7p Fund I/II (B) 7:30p Interm Spin Pole	14 NO CLASSES	15 9a Drills 4 Skillz 10a On the Ball 11a Pole HIIT 5p Hooping WKSHP
16 11a Beginner Series 3p Youth Silks 4:30p Aerial Spin Pole 5:30p Technique Refinement 6:30p Holistic Stretch	17 10a Beginner Series 5p Fund I (D) 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 7:45p Pound	18 4:30p Pole ALL Levels (C) 5:30p Fund III-All (B) 5:30p Fund II/III (C) 6:30p Aerial Silk Fitness 6:30p Fund I/II (A)	19 5:30p Beginner Lyra 6:30p Fund I (B) 6:30p Fund II/III (B) 7:30p Aerial Pole I/II (D)	20 3:30p Pole ALL Levels (A) 4:30p XaBeat 5:30p Floorwork 6p Aerial Pole I/II (A) 7p Fund I/II (C) 7:30p Interm Spin Pole	21 5:30p Intro Spin Pole	22 9a Drills 4 Skillz 10a On the Ball 11a Pole HIIT
23 11a Beginner Series 4:30p Aerial Spin Pole 5:30p Technique Refinement 6:30p Holistic Stretch	24 10a Beginner Series 5p <b>Fund I FREE CLASS</b> 6p Tricks and Transitions 6p Twerk Out 6:30p Aerial Silk Tricks 7:45p Pound	25 4:30p Pole ALL Levels (D) 5:30p Fund III-All (C) 5:30p Fund II/III (D) 6:30p Aerial Silk Fitness 6:30p Fund I/II (B)	26 5:30p Beginner Lyra 6:30p Fund I (C) 6:30p Fund II/III (C) 7:30p Aerial Pole I/II (A)	27 3:30p Pole ALL Levels (B) 4:30p XaBeat 5:30p Floorwork 6p Aerial Pole I/II (B) 6:30p Interm Lyra 7p Fund I/II (D) 7:30p Interm Spin Pole	28 CLOSED MEMORIAL WEEKEND	29 CLOSED MEMORIAL WEEKEND
30 CLOSED MEMORIAL WEEKEND	31 CLOSED MEMORIAL WEEKEND					

## Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7, Fargo ND

701-630-5866

[zerogravityfargo.com](http://zerogravityfargo.com)

## FREE CLASSES:

FUND 1- May 12th @ 6:30p

May 24th @ 5p

XABEAT- May 6th @ 4:30p