

November 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4:30p Aerial Spin Pole 5:30p Fund II/III (A) 6:30p Holistic Stretch	2 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	3 4:30p Youth Aerial Silks 5:45p Fund II/III (C) 6:30p Aerial Silk Fitness 6:45p Fund I (D)	4 4:30p Youth Aerial Silks 5:30p XaBeat 6:30p Fund I (C) 6:30p Fund II/III (C) 6:30p Silk Yoga Fusion 7:30p Aerial Pole II/III (B)	5 5:45p Aerial Pole I/II (D) 5:45p Beginner Lyra 6:45p Fund I/II (C)	6 5:30p Intro to Spin Pole 6:30p Heel Technique	7 CLOSED
8 4:30p Aerial Spin Pole 5:30p Fund II/III (B) 6:30p Holistic Stretch	9 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	10 4:30p Youth Aerial Silks 5:45p Fund II/III (D) 6:30p Aerial Silk Fitness 6:45p Fund I FREE CLASS	11 4:30p Youth Aerial Silks 5:30p XaBeat 6:30p Fund I (D) 6:30p Fund II/III (D) 6:30p Silk Yoga Fusion 7:30p Aerial Pole II/III (C)	12 4:30p Youth Aerial Silks 5:45p Aerial Pole I/II (A) 5:45p Beginner Lyra 6:45p Fund I/II (D)	13 5:30p Intro to Spin Pole 6:30p Heel Technique	14 CLOSED
15 4:30p Aerial Spin Pole 5:30p Fund II/III (C) 6:30p Holistic Stretch	16 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	17 4:30p Youth Aerial Silks 5:45p Fund II/III (A) 6:30p Aerial Silk Fitness 6:45p Fund I (B)	18 4:30p Youth Aerial Silks 5:30p XaBeat 6:30p Fund I FREE CLASS 6:30p Fund II/III (A) 6:30p Silk Yoga Fusion 7:30p Aerial Pole II/III (D)	19 4:30p Youth Aerial Silks 5:45p Aerial Pole I/II (B) 5:45p Beginner Lyra 6:45p Fund I/II (A)	20 5:30p Intro to Spin Pole 6:30p Heel Technique 8p ZG Underground Bingo & Mini Showcase	21 CLOSED
22 4:30p Aerial Spin Pole 5:30p Fund II/III (D) 6:30p Holistic Stretch	23 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound *SAVECOIN BEGINS* *MEMBERSHIP DRIVE BEGINS*	24 4:30p Youth Aerial Silks 5:45p Fund II/III (B) 6:30p Aerial Silk Fitness 6:45p Fund I (C)	25 CLOSED THANKSGIVING HOLIDAY	26 CLOSED THANKSGIVING HOLIDAY	27 CLOSED THANKSGIVING HOLIDAY	28 CLOSED THANKSGIVING HOLIDAY
29 6:30p Intro Lyra WKSHP	30 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound					

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

SIGN UP FOR CLASSES TODAY!

zerogravityfargo.com

701-630-5866

Twerk-Out w/ Kirci
Nov 16th and Nov 30th at 6 pm

\$20

FREE CLASSES:

FUND 1- NOV 10th @ 6:45p

NOV 18th @ 6:30p

Intro to Lyra 4 Week Progressive WKSHP
Begins Sunday Nov 29th @ 6:30pm
\$125