

November 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|--|
| | 1 10a Progressive Pole 5p Fund I (B) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (D) 7p Beginner Lyra | 2 6p Advanced Lyra 7p Intro to Silk Tricks | 3 5:30p Interm Spin Pole 6:30p Fund I/II (B) 6:30p Fund II/III (B) 7:30p Aerial Pole I/II (C) 7:30p Intermediate Silks | 4 6p Aerial Pole I/II (D) 7p Fund I/II (B) 7p Fund II/III (D) | 5 12:15p Barre/Pilates | 6 10a Functional Strength Training 11a Chair Dance WKSHP 1p Chair Dance WKSHP |
| 7 5p Progressive Pole 6p Energy Medicine Mobility | 8 10a Progressive Pole 5p Fund I (C) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (A) 7p Beginner Lyra 7:45p Pound | 9 5:30p Fund III-All (B) 6p Advanced Lyra 6:30p Fund I/II (B) | 10 5:30p Interm Spin Pole 6:30p Fund I/II (C) 6:30p Fund II/III (C) 7:30p Aerial Pole I/II (D) 7:30p Intermediate Silks | 11 5:15p Twerk Flow 6p Aerial Pole I/II (A) 7p Fund I/II (C) 7p Fund II/III (A) | 12 12:15p FREE Barre/Pilates 6p Friday Night Freestyle | 13 10a Functional Strength Training |
| 14 5p Progressive Pole 6p Energy Medicine Mobility | 15 10a Progressive Pole 5p Fund I (D) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (B) 7p Beginner Lyra 7:45p Pound | 16 5:30p Fund III-All (C) 6:30p Fund I/II (C) 7p Intro to Silk Tricks | 17 5:30p Interm Spin Pole 6:30p Fund I/II (D) 6:30p Fund II/III (D) 7:30p Aerial Pole I/II (A) 7:30p Intermediate Silks | 18 6p Aerial Pole I/II (B) 7p Fund I/II (D) 7p Fund II/III (B) | 19 12:15p Barre/Pilates 6p Friday Night Freestyle | 20 9:30a FREE XABEAT 10:30a Functional Strength Training |
| 21 5p Progressive Pole 6p Energy Medicine Mobility | 22 10a Progressive Pole 5p FUND I FREE CLASS 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (C) 7p Beginner Lyra 7:45p Pound | 23 5:30p Fund III-All (D) 6p Advanced Lyra 6:30p Fund I/II (D) 7p Intro to Silk Tricks | 24 5:30p Interm Spin Pole 6:30p Fund I/II (A) 6:30p Fund II/III (A) 7:30p Aerial Pole I/II (B) 7:30p Intermediate Silks | 25 CLOSED THANKSGIVING | 26 CLOSED THANKSGIVING | 27 9:30a Xabeat 10:30a Functional Strength Training |
| 28 5p Progressive Pole 6p Energy Medicine Mobility | 29 10a Progressive Pole 5p Fund I (B) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II/III (D) 7p Beginner Lyra 7:45p FREE POUND | 30 5:30p Fund III-All (A) 6p Advanced Lyra 6:30p Fund I/II (A) 7p Intro to Silk Tricks | | | | |

Zero Gravity Alternative Fitness
3350 35th Ave S. Suite 7, Fargo ND
701-630-5866

Visit zerogravityfargo.com
to Register for Classes

Chair Dance Workshop
Saturday November 6th, 2021
1.5 Hour Session
1pm OR 3pm
Cost \$50

FREE CLASSES:

FUND 1- Nov 22 @ 5p
BARRE- Nov 12 @ 12:15p
XABEAT- Nov 20 @ 9:30a
POUND- Nov 29 @ 7:45p