

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 5:30p Fund III-All (A) 6p Advanced Lyra 6:30p Fund I/II (A) 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 4:30p XaBeat 4:30p Pole Freestyle 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 11p 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 4:30p XaBeat 4:30p Pole Freestyle 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 4:30p FREE XaBeat 4:30p Pole Freestyle 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 10a 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 10a 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 (C) 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		5		

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

zerogravityfargo.com

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 18 @ 4:30p
POUND- Nov 29 @ 7:45p