

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (D)	2 6:30p Fund I (D) 6:30p Fund II/III (A)	3 12p Guided Freestyle 6p Aerial Pole I/II (C) 7p Fund I (B) 8p Yoga	4 12p Barre 6p Floorwork 7p Flow	5 BOOTY BOUNCE TWERKSHOP 11a Good luck to our team @ PSO-Mountain/Denver
6 5:30p Fund I (A) 6:30p Fund II/III (B)	7 5p Aerial Silk Yoga 6p Aerial Pole I/II (D) 6:50p Pole Cardio	8 5:45p Tricks & Transitions 7:15p Fund II/III (A)	9 6:30p Fund I (A) 6:30p Fund II/III (B)	10 6p Aerial Pole I/II (D) 7p Fund I (C) 7p Aerial Silk Fitness	11 6p Floorwork 7p Flow	12 10a Intro Spin Pole 11a Fund I (D)
13 5:30p Fund I (B) 6:30p Fund II/III (C)	14 6p Aerial Pole I/II (A) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p Fund I (C) 8:45p Pole-ates	15 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (B)	16 6:30p Fund I (B) 6:30p Fund II/III (C) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (B)	17 12p Guided Freestyle 6p Aerial Pole I/II (A) 7p Fund I (D) 7p Aerial Silk Fitness 8p Yoga	18 12p Barre	19 POLTERGEIST III Doors 7 pm Show 8 pm
20 STUDIO CLOSED	21 5p Aerial Silk Yoga 6p Aerial Pole I/II (B) 6:50p Pole Cardio 7:45p Pole Fund I (D) 8:45p Pole-ates	24 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (C)	23 6:30p Fund I (C) 6:30p Fund II/III (D) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (C)	24 12p Guided Freestyle 6p Aerial Pole I/II (B) 7p Fund I (A) 7p Aerial Silk Fitness 8p Yoga	25 12p Barre 6p Floorwork 7p Flow	26 10a Intro Spin Pole 11a FREE POLE FUND I
27 5:30p Fund I (D) 6:30p Fund II/III (A) 7:30p Aerial Silk Yoga	28 6p Aerial Pole I/II (C) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p FREE POLE FUND I 8:45p Pole-ates	29 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (D)	30 6:30p Fund I (D) 6:30p Fund II/III (A) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (D)	31 STUDIO CLOSED HOLIDAY		

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

Zero Gravity Presents

Poletergeist III

October 19th @ 7 pm (doors), 8 pm (show)

\$15 in advance, \$20 at the door

zerogravityfargo.com

701-630-5866

Tickets Available Online or by Phone

FREE CLASSES

**POLE FUND I: 10/26 @ 11 am
10/28 @ 7:45 pm**

SIGN UP FOR CLASSES TODAY!

zerogravityfargo.com