

# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 5:45p Aerial Pole I/II (C) 5:45p Beginner Lyra 6:45p Fund I/II (B)	<b>2</b> 5:30p Intro to Spin Pole 6:30p Heel Technique	<b>3</b>  CLOSED
<b>4</b> 4:30p Aerial Spin Pole 5:30p Fund II/III (A) 6:30p Holistic Stretch 7:45p Total Self Upgrade	<b>5</b> 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	<b>6</b> 4:30p Youth Aerial Silks 5:45p Fund II/III (C) 6:30p Aerial Silk Fitness 6:45p Fund I (D)	<b>7</b> 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)	<b>8</b> 4:30p Youth Aerial Silks 5:45p Aerial Pole I/II (D) 5:45p Beginner Lyra 6:45p Fund I/II (C)	<b>9</b> 5:30p Intro to Spin Pole 6:30p Heel Technique	<b>10</b>  CLOSED Private Event
<b>11</b> 4:30p Aerial Spin Pole 5:30p Fund II/III (B) 6:30p Holistic Stretch 7:45 Total Self Upgrade	<b>12</b> 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	<b>13</b> 4:30p Youth Aerial Silks 5:45p Fund II/III (D) 6:30p Aerial Silk Fitness 6:45p Fund I (A)	<b>14</b> 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)	<b>15</b> 4:30p Youth Aerial Silks 5:45p Aerial Pole I/II (A) 5:45p Beginner Lyra 6:45p Fund I/II (D)	<b>16</b> 5:30p Intro to Spin Pole 6:30p Heel Technique	<b>17</b>  CLOSED
<b>18</b> 5:30p Fund II/III (C) 6:30p Holistic Stretch 7:45p Total Self Upgrade	<b>19</b> 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	<b>20</b> 4:30p Youth Aerial Silks 5:45p Fund II/III (A) 6:30p Aerial Silk Fitness 6:45p Fund I (B)	<b>21</b> 4:30p Youth Aerial Silks 5:30p XaBeat 6:30p Fund I (A) 6:30p Fund II/III (A) 6:30p Silk Yoga Fusion 7:30p Aerial Pole II/III (D)	<b>22</b> 4:30p Youth Aerial Silks 5:45p Aerial Pole I/II (B) 5:45p Beginner Lyra 6:45p Fund I/II (A)	<b>23</b> 5:30p Intro to Spin Pole 6:30p Heel Technique 8p ZG Underground	<b>24</b>  CLOSED
<b>25</b> 4:30p Aerial Spin Pole 5:30p Fund II/III (D) 6:30p Holistic Stretch 7:45p Total Self Upgrade	<b>26</b> 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	<b>27</b> 4:30p Youth Aerial Silks 5:45p Fund II/III (B) 6:30p Aerial Silk Fitness 6:45p Fund I (C)	<b>28</b> 4:30p Youth Aerial Silks 5:30p XaBeat 6:30p Fund I (B) 6:30p Fund II/III (B) 6:30p Silk Yoga Fusion 7:30p Aerial Pole II/III (A)	<b>29</b> 4:30p Youth Aerial Silks 5:45p Aerial Pole I/II (C) 5:45p Beginner Lyra 6:45p Fund I/II (B)	<b>30</b> 5:30p Intro to Spin Pole 6:30p Heel Technique	<b>31</b>  CLOSED

## Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

## *Zero Gravity New Session Youth Aerial Silk Hammock*

*Mon/Wed or Tues/Thurs starting in October 4:30 pm*

*6 Week Session \$225*

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

701-630-5866

*Registration Available by Phone*

**SIGN UP FOR CLASSES TODAY!**

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