

October 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:45p Aerial Pole I/II (C) 5:45p Beginner Lyra 6:45p Fund I/II (B)	2 5:30p Intro to Spin Pole 6:30p Heel Technique	3 CLOSED
4 4:30p Aerial Spin Pole 5:30p Fund II/III 6:30p Holistic Stretch 7:45p Total Self Upgrade	5 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	6 4:30p Youth Aerial Silks 5:45p Fund II/III (C) 6p Aerial Silk Fitness 6:45p Fund I (D)	7 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)	8 4:30p Youth Aerial Silks 5:45p Aerial Pole I/II (D) 5:45p Beginner Lyra 6:45p Fund I/II (C)	9 5:30p Intro to Spin Pole 6:30p Heel Technique	10 CLOSED Private Event
11 4:30p Aerial Spin Pole 5:30p Fund II/III 6:30p Holistic Stretch 7:45p Total Self Upgrade	12 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	13 4:30p Youth Aerial Silks 5:45p Fund II/III (D) 6p Aerial Silk Fitness 6:45p Fund I (A)	14 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)	15 4:30p Youth Aerial Silks 5:45p Aerial Pole I/II (A) 5:45p Beginner Lyra 6:45p Fund I/II (D)	16 5:30p Intro to Spin Pole 6:30p Heel Technique	17 CLOSED
18 5:30p Fund II/III 6:30p Holistic Stretch 7:45p Total Self Upgrade	19 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	20 4:30p Youth Aerial Silks 5:45p Fund II/III (A) 6p Aerial Silk Fitness 6:45p Fund I (B)	21 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)	22 4:30p Youth Aerial Silks 5:45p Aerial Pole I/II (B) 5:45p Beginner Lyra 6:45p Fund I/II (A)	23 5:30p Intro to Spin Pole 6:30p Heel Technique 8p ZG Underground	24 CLOSED
25 4:30p Aerial Spin Pole 5:30p Fund II/III 6:30p Holistic Stretch 7:45p Total Self Upgrade	26 4:30p Youth Aerial Silks 5:45p Tricks and Transitions 6:30p Aerial Silk Tricks 7:30p Pound	27 4:30p Youth Aerial Silks 5:45p Fund II/III (B) 6p Aerial Silk Fitness 6:45p Fund I (C)	28 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)	29 4:30p Youth Aerial Silks 5:45p Aerial Pole I/II (C) 5:45p Beginner Lyra 6:45p Fund I/II (B)	30 5:30p Intro to Spin Pole 6:30p Heel Technique	31 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

701-630-5866

Registration Available by Phone

SIGN UP FOR CLASSES TODAY!

zerogravityfargo.com