

# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 12:15p Barre/Pilates 6:00p Friday Night Freestyle	<b>2</b> 10a Functional Strength Training
<b>3</b> 3p Youth Silks/Lyra 5p Progressive Pole 6p Energy Medicine Mobility	<b>4</b> 10a Progressive Pole 5p Fund I (B) 6p Twerk-Out 6p Tricks & Transitions 7p Pole Freestyle 7p Fund II-III (D) 7p Beginner Lyra 7:45p Pound	<b>5</b> 4:30p Restorative Yoga 5:30p Fund III-All (A) 6:30p Fund I-II (A) 6:30p Fund II-III (D) 7p Intro to Silk Tricks 7:30p Belly Dance Skills	<b>6</b> 5:30p Interm Spin Pole 6:30p Fund I (B) 6:30p Fund II/III (B) 7:30p Aerial Pole I/II (C) 7:30p Belly Dance Skills	<b>7</b> 4:30p XaBeat 4:30p Pole Freestyle 5:15p Floorwork 7p Fund I/II (B)	<b>8</b> <b>12:15p FREE Barre/Pilates</b>	<b>9</b> 10a Functional Strength Training
<b>10</b> 3p Youth Silks/Lyra 5p Progressive Pole 6p Energy Medicine Mobility	<b>11</b> 10a Progressive Pole 5p Fund I (C) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II-III (A) 7p Beginner Lyra 7p Pole Freestyle 7:45p Pound	<b>12</b> 4:30p Restorative Yoga 5:30p Fund III-All (B) 6:30p Fund I-II (B) 7p Intro to Silk Tricks 7:30p B Dance Show Routine	<b>13</b> 5:30p Interm Spin Pole 6:30p Fund I (C) 6:30p Fund II/III (C) 7:30p Aerial Pole I/II (D) 7:30p Belly Dance Skills	<b>14</b> <b>4:30p FREE XaBeat</b> 4:30p Pole Freestyle 5:15p Floorwork 6p Aerial Pole I/II (A) 6p Advanced Lyra 7p Fund I/II (C) 7p Fund II/III (A) 7p Advanced Silk Tricks	<b>15</b> 12:15p Barre/Pilates	<b>16</b> <b>Poletergeist IV</b> <b>Windbreak Fargo</b> <b>Doors 5p</b> <b>Show 6p</b>
<b>17</b> 5p Progressive Pole 6p Energy Medicine Mobility	<b>18</b> 10a Progressive Pole 5p Fund I (D) 6p Twerk-Out 6p Tricks & Transitions 7p Fund II-III (B) 7p Beginner Lyra 7p Pole Freestyle <b>7:45p FREE POUND</b>	<b>19</b> 4:30p Restorative Yoga 5:30p Fund III-All (C) 6:30p Fund I-II (C) 7p Intro to Silk Tricks	<b>20</b> 5:30p Interm Spin Pole 6:30p Fund I (D) 6:30p Fund II/III (D) 7:30p Aerial Pole I/II (A) 7:30p Belly Dance Skills	<b>21</b> 4:30p XaBeat 4:30p Pole Freestyle 5:15p Floorwork 6p Advanced Lyra 7p Fund I/II (D) 7p Advanced Silk Tricks	<b>22</b> 6:00p Friday Night Freestyle	<b>23</b> 10a Functional Strength Training
<b>24</b> 5p Progressive Pole 6p Energy Medicine Mobility	<b>25</b> 10a Progressive Pole <b>5p FUND I FREE CLASS</b> 6p Twerk-Out 6p Tricks & Transitions 7p Fund II-III (C) 7p Beginner Lyra 7p Pole Freestyle 7:45p Pound	<b>26</b> 4:30p Restorative Yoga 5:30p Fund III-All (D) 6:30p Fund I-II (D) 7p Intro to Silk Tricks	<b>27</b> 5:30p Interm Spin Pole 6:30p Fund I (A) 6:30p Fund II/III (A) 7:30p Aerial Pole I/II (B) 7:30p Belly Dance Skills	<b>28</b> 4:30p XaBeat 4:30p Pole Freestyle 5:15p Floorwork 6p Aerial Pole I/II (C) 6p Advanced Lyra 7p Fund I/II (A) 7p Fund II/III (C) 7p Advanced Silk Tricks	<b>29</b> 12:15p Barre/Pilates	<b>30</b> 10a Functional Strength Training
<b>31</b> ----- NO CLASSES HALLOWEEN						

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

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

*Pole-ter-geist IV*  
Saturday October 16th, 2021  
Windbreak Fargo, ND

**FREE CLASSES:**  
FUND 1- Oct 25 @ 5p  
BARRE- Oct 8 @ 12:15p  
XABEAT- Oct 14 @ 4:30p  
POUND- Oct 18 @ 7:45p