

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO CLASSES HOLIDAY WEEKEND	2 5p Aerial Silk Yoga 6p Aerial Pole I/II (C) 6:30p Aerial Silk Tricks 6:50p Pole Cardio	3 5:45p Tricks & Transitions 7:15p Fund II/III (D)	4 6:30p Fund I (A) 6:30p Fund II/III (B) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (C)	5 12p Guided Freestyle 6p Aerial Pole I/II (C) 7p Fund I (B) 7p Aerial Silk Fitness 8p Yoga	6 12p Barre 6p Floorwork 7p Flow	7 NO CLASSES
8 5:30p Fund I (A) 6:30p Fund II/III (B)	9 5p Aerial Silk Yoga 6p Aerial Pole I/II (D) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p Fund I (C) 8:45p FREE Pole-ates	10 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (A)	11 6:30p Fund I (A) 6:30p Fund II/III (B) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (C)	12 12p Guided Freestyle 6p Aerial Pole I/II (D) 7p Fund I (C) 7p Aerial Silk Fitness 8p Yoga	13 12p Barre	14 10a Intro Spin Pole 11a Fund I (A)
15 5:30p Fund I (B) 6:30p Fund II/III (C)	16 5p Aerial Silk Yoga 6p Aerial Pole I/II (A) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p Fund I (D) 8:45p Pole-ates	17 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (B)	18 6:30p Fund I (B) 6:30p Fund II/III (C) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (D)	19 12p Guided Freestyle 6p Aerial Pole I/II (A) 7p Fund I (D) 7p FREE Aerial Silk Fitness 8p Yoga	20 12p Barre 6p Floorwork 7p Flow	21 10a Intro Spin Pole 11a Fund I (B)
22 5:30p Fund I (C) 6:30p Fund II/III (D)	23 6p Aerial Pole I/II (B) 6:50p Pole Cardio 7:45p FREE POLE FUND I 8:45p Pole-ates	24 5:45p Tricks & Transitions 7p Aerial Silk Fitness 7:15p Fund II/III (C)	25 6:30p Fund I (C) 6:30p Fund II/III (D) 6:30p Aerial Silk Fitness 7:30p Aerial Pole II/III (A)	26 12p Guided Freestyle 6p Aerial Pole I/II (B) 7p Fund I (A) 7p Aerial Silk Fitness	27 12p Barre	28 10a Intro Spin Pole 11a Fund I (C)
29 5:30p Fund I (D) 6:30p Fund II/III (A)	30 5p Aerial Silk Yoga 6p Aerial Pole I/II (C) 6:30p Aerial Silk Tricks 6:50p Pole Cardio 7:45p Fund I (B) 8:45p Pole-ates					

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

zerogravityfargo.com

701-630-5866

Zero Gravity Presents
Poletergeist III
October 19th @ 7 pm
\$15 in advance, \$20 at the door

Tickets Available Online or by Phone

FREE CLASSES

Pole-ates 9/9 @ 8:45pm

POLE FUND 1: 9/23 @ 7:45 pm

Aerial Silk Fitness: 9/19 @ 7pm

SIGN UP FOR CLASSES TODAY!

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