

September 2020

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

Zero Gravity Alternative Fitness

3350 35th Ave S. Suite 7

Fargo, ND

*Zero Gravity New Class
Pound with Marni*

Mondays in September 7:30 pm

\$15

zerogravityfargo.com

701-630-5866

Registration Available Online or by Phone

SIGN UP FOR CLASSES TODAY!

zerogravityfargo.com