

Xpose Fitness

Schedule of Classes – January 2025

Classes start promptly. You will not be permitted to enter class more than five minutes after the start time. Pre-registration is required. All classes are one hour in length. Studio doors will open 10 minutes prior to the start of class. Classes and instructors are subject to change.

| <i>MONDAY</i> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> <i>*All Classes just \$10 each!</i> | <i>SATURDAY</i> | <i>SUNDAY</i> |
|---|---|--|--|--|---|--|
| | 9:30AM Pole Flow | | | 9:30AM Pole 1/2 | 8:30AM Pole Play Flow&Floorwork | 9:30AM Pole 5 |
| 10:45AM Pole 2 | 10:45AM Pole Conditioning | | 10:45AM Pole 3/4 | 10:45AM Floor/Chair | 9:45AM Floor/Chair Pole Flow | 10:45AM Floor/Chair |
| 12:00PM Pole 3 | 12:00PM Pole Play | | 12:00PM Pole 1/2 | 12:00PM Beg/Int. Spin | 11:00PM Pole 4/5 Chairlesque | 12:00PM Sexy Stretch |
| **Monday and Wednesday Evening Classes Are Open to Divas of All Genders!** | | | | | | Open Studio Time & Private Sessions are available by appointment only. Please call (410) 661-1301 at least 24 hours in advance to reserve Open Studio Time. Please email xposetowson@xposefitness.com to schedule Private Sessions. |
| *Co-Ed Night!* | | *Co-Ed Night!* | | | | |
| 5:30PM Floor/Chair Beginner Spin | 5:30PM Booty Basics Pole Flow | 5:30PM Pole 1/2 | 5:30PM Floor/Chair Advanced Spin | 5:30PM Floor/Chair Pole Play | 12:15PM \$10 Saturday Sampler | |
| 6:45PM Pole 2/3 Flow&Floorwork | 6:45PM Floor/Chair Pole 4 | 6:45PM Sexy Stretch Pole 5 | 6:45PM Flow&Floorwork Pole 4 | 6:45PM Sexy Stretch Pole 2 | 1:30PM Pole 1 | |
| 8:00PM Intermediate Spin | 8:00PM Sexy Stretch Pole Fit | 8:00PM Pole Play | 8:00PM Sexy Stretch | 8:00PM Flow&Floorwork Pole 1 | 2:45PM Beginner Spin | |

You must be at least 18 years of age to participate in classes at Xpose Fitness.
Please visit www.xposefitness.com for more information and to register for classes!