

Xpose Fitness

Schedule of Classes – November 2024

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>*All Classes just \$10 each!</i>	SATURDAY	SUNDAY
				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	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 Pole Conditioning	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!