

Xpose Fitness

Schedule of Classes – October 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.

<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 1/2	8:30AM Pole Play	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 Flow&Floorwork Pole 4/5	12:00PM Sexy Stretch
Monday and Wednesday Evening Classes Are Open to Divas of All Genders!						<i>Open Studio Time & Private Sessions are available by appointment only.</i> <i>Please call (410) 661-1301 at least 24 hours in advance to reserve Open Studio Time.</i> <i>Please email xposetowson@xposefitness.com to schedule Private Sessions.</i>
Co-Ed Night!		*Co-Ed Night!*				
5:30PM Floor/Chair	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	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!