

Xpose Fitness – Owings Mills Schedule of Classes for July - 2010

Beginner Pole: Strengthening, Walking, Transitional Moves (no spins)

Pole Level 1: Transitional Moves & Basic Spins

Pole Level 2: More Elaborate Spins & Advanced Pole Tricks

<u>Monday</u>	<u>Tuesday/Thursday</u>	<u>Wednesday</u>	<u>Friday</u>	<u>Saturday</u>
10:00am Floor/Chair Khristena	9:30am Floor/Chair Khristena/Melissa	10:00am Sensual Stretch Aviva	10:00am Floor/Chair Aviva	10:00am Floor/Chair Janelle
11:00am Pole All Levels Khristena	10:30am Pole All Levels Khristena/Melissa	11:00am Pole All Levels Aviva	11:00am Pole All Levels Aviva	11:00am Pole Level 1&2 Janelle
5:00pm Floor/Chair Andrea	5:30pm Floor/Chair Janelle	6:00pm Floor/Chair Melissa	5:00pm Pole Practice No Instructor	12:00pm Intro Class
6:00pm Sensual Stretch Aviva	6:30pm Floor/Chair Chardonnay/Andrea	6:00 pm Beg/Lev 1 Pole Khristena	6:00pm Floor/Chair Melissa	12:00pm Booty Camp Janelle
6:00pm Pole Level 1 Andrea	6:30pm Pole Level 1&2 Janelle	7:00pm All Levels Pole Melissa	6:00 pm Beg./Lev.1 Pole Chardonnay	1:00pm Beginner Pole
7:00pm All Levels Aviva	7:30pm Pole Beg./Lev 1 Chardonnay/Andrea	7:00 pm Floor/Chair Khristena	7:00pm All Levels Pole Melissa	
7:00pm Floor/Chair Andrea	7:30pm Floor/Chair Tues Only -Toni		7:00 pm Floor/Chair Chardonnay	