Class Schedule: November 2026

Classes begin promptly. Entry more than 10 minutes after the start of class is not permitted.
Pre-registration is required to guarantee your space in class. Classes and instructors subject to change.

MONDAY ***(Co-Ed Day)***	***TUESDAY***	***WEDNESDAY*** ***(Co-Ed Day)***	***THURSDAY*** ***(Co-Ed Day)***	***FRIDAY*** ****All Classes just $10 each!***	***SATURDAY***	***SUNDAY***
				9:30AM Pole 1/2	**9:45AM** Pole&Chair Off-Pole Conditioning	**9:30AM** Pole 4/5
10:45AM Pole 1/2	**10:45AM** Pole 2	**Classes on Monday, Wednesday, and Thursday Are Open to Divas of All Genders!**	**10:45AM** Pole 3	**10:45AM** Pole&Chair	**11:00AM** Pole Play Flow&Floorwork	**10:45AM** Floor/Chair
12:00PM Pole 3	**12:00PM** Pole 2		**12:00PM** Pole 1/2	**12:00PM** Beg/Int. Spin	**12:15PM** Pole 1	**12:00PM** Sexy Stretch
1:15PM Pole Play					**1:30PM** Beginner Spin	
5:45PM Pole 1/2	**5:45PM** Floor/Chair Pole 4	**5:45PM** Beginner Spin	**5:45PM** Advanced Spin	**5:45PM** Floor/Chair Pole Play	**2:45PM** Pole Play	
7:00PM Pole Flow	**7:00PM** Flow&Floorwork Pole 3	**7:00PM** Off-Pole Conditioning Pole 5	**7:00PM** Flow&Floorwork	**7:00PM** Sexy Stretch Pole 2	***Open Studio Time & Private Sessions available by appointment only. Please call (410) 661-1301 at least 24 hours in advance to reserve Open Studio Time.***	
8:15PM Pole 2/3	**8:15PM** Co-Ed Pole Fit	**8:15PM** Pole Flow	**8:15PM** Sexy Stretch	**8:15PM** Booty Basics Pole 1	***Private Classes and On-on-One Sessions can be requested through our website: www.xposefitness.com/privatesessions.***	

You must be at least 18 years of age to participate in classes at Xpose Fitness.

Please visit www.xposefitness.com for more information