



Class Schedule: July 2025

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>*All Classes just \$10 each!</i>	SATURDAY	SUNDAY
	9:30AM PoleFlow			9:30AM Pole 1/2	8:30AM Flow&Floorwork	9:30AM Pole 5
10:45AM Pole 2	10:45AM Pole Conditioning		10:45AM Pole 3/4	10:45AM Pole&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	11:00AM Chairlesque Pole Play	12:00PM Sexy Stretch
Monday and Wednesday Evening Classes Are Open to Divas of All Genders!						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. Please email Info@xposefitness.com to schedule Private Sessions.
Co-Ed Night!		*Co-Ed Night!*				
5:30PM Pole 1/2	5:30PM Floor/Chair Pole 4	5:30PM Pole 1/2	5:30PM Advanced Spin	5:30PM Floor/Chair Pole Play	12:15PM \$10 Saturday Sampler	
6:45PM Flow&Floorwork	6:45PM Flow&Floorwork Pole 3	6:45PM Sexy Stretch Pole 5	6:45PM Flow&Floorwork Pole 2	6:45PM Sexy Stretch Pole 2	1:30PM Pole 1	
8:00PM Pole 2/3	8:00PM Co-Ed Pole Fit	8:00PM Pole Flow	8:00PM Sexy Stretch Beginner Spin	8:00PM Booty Basics 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