



## Class Schedule: September 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.

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

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

Please visit [www.xposefitness.com](http://www.xposefitness.com) for more information