

Xpose Fitness

Schedule of Classes – March 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>***\$10 Classes All Day!***</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
10:45AM Pole 2	10:45AM Pole Conditioning	10:45AM Pole 1	10:45AM Pole 3/4	9:30AM Pole 1/2	8:30AM Flow&Floorwork Pole 3	9:30AM Pole 5
12:00PM Pole 3	12:00PM Pole Play	12:00PM Pole 2/3	12:00PM Sexy Stretch	10:45AM Floor/Chair	9:45AM Floor/Chair Pole Flow	10:45AM Floor/Chair
Monday and Wednesday evening classes are open to divas of all genders!						12:00PM Sexy Stretch
Co-Ed Night!		*Co-Ed Night!*				Open Studio Time & Private Sessions are available by appointment only.
5:30PM Floor/Chair	5:30PM Booty Basics Pole 2/3	5:30PM Pole 1/2	5:30PM Floor/Chair Advanced Spin	5:30PM Floor/Chair Pole Play	12:15PM \$10 Saturday Sampler	Please call (410) 661-1301 at least 24 hours in advance to reserve Open Studio Time.
6:45PM Intermediate Spin	6:45PM Floor/Chair Pole 4	6:45PM Sexy Stretch Pole 4/5	6:45PM Flow&Floorwork Pole 5	6:45PM Sexy Stretch Pole 2	1:30PM Pole 1	Please email xposetowson@ xposefitness.com to schedule Private Sessions.
8:00PM Pole 2/3	8:00PM Sexy Stretch Pole Fit	8:00PM Pole Play	8:00PM Sexy Stretch Pole 2	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!