

# Xpose Fitness

## Schedule of Classes – June 2022

**Class begins promptly.** You may not enter class more than five minutes after the scheduled start time. Pre-registration is required. All classes are one hour in length. Studio doors will open ten minutes prior to the start of class. Classes and instructors are subject to change.

For pricing, class descriptions, and more information – please visit [xposefitness.com](http://xposefitness.com).

<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>\$5 FRIDAY</b></i> <i>All classes just \$5 each!</i>	<i><b>SATURDAY</b></i>	<i><b>SUNDAY</b></i>
9:30AM <b>Floor/Chair</b>	9:30AM <b>Flow &amp; Floorwork</b>		9:30AM <b>Pole Conditioning</b>	9:30AM <b>Pole 1/2</b>	8:30AM <b>Pole 3</b>	9:30AM <b>Pole 4</b>
10:45AM <b>Pole 1/2</b>	10:45AM <b>Intermediate Spin</b>	<b>Open Studio Time &amp; Private Sessions</b> - <i>available by appointment only.</i>	10:45AM <b>Pole 3/4</b>	10:45AM <b>Floor/Chair</b>	9:45AM <b>Floor/Chair</b>	10:45AM <b>Pole Conditioning Floor/Chair</b>
12:00PM <b>Pole 2/3</b>	12:00PM <b>Pole Play</b>		12:00PM <b>Sexy Stretch</b>	12:00PM <b>Pole 3</b>	11:00AM <b>Pole 5</b>	12:00PM <b>Pole 1/2 Sexy Stretch</b>
<b>**Co-Ed Night!**</b>						<b>* Please call at least 24 hours in advance to schedule Open Studio Time.*</b>
5:30PM <b>Pole 3/4 Floor/Chair</b>	5:30PM <b>Pole 2 Booty Basics</b>	<b>**Co-Ed Night!**</b>	5:30pm <b>Int/Adv Spin Floor/Chair</b>	5:30PM <b>Pole 1 Floor/Chair</b>	12:30PM <b>Pole 1</b>	<b>**Monday and Wednesday evening classes are open to all genders!**</b>
6:45PM <b>Pole 1/2 Sexy Stretch</b>	6:45PM <b>Pole 3 Floor/Chair</b>	6:00PM <b>Pole 4/5</b>	6:45pm <b>Pole 3/4 Flow &amp; Floorwork</b>	6:45PM <b>Pole 2 Sexy Stretch</b>	1:45PM <b>Intro to Spin Pole</b>	
8:00PM <b>Pole Play</b>	8:00PM <b>Pole Fit Sexy Stretch</b>	7:15PM <b>Pole Play</b>	8:00pm <b>Pole 1/2 Sexy Stretch</b>	8:00PM <b>Pole Play Booty Basics</b>	3:00PM <b>Pole Play</b>	<b>You Must be at least 18 years of age to participate in any classes at Xpose Fitness.</b>