

Xpose Fitness

Schedule of Classes – November 2023

Class starts promptly. You will not be permitted to 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 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>\$5 FRIDAY</i> <i>All classes just \$5 each!</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
10:45AM Pole 1/2	10:45AM Pole Conditioning	*Monday and Wednesday evening classes are open to divas of all genders!*	10:45AM Pole 3/4	9:30AM Pole 1/2	8:30AM Pole 3	9:30AM Pole 5
12:00PM Pole 2/3	12:00PM Pole Play		12:00PM Sexy Stretch	10:45AM Floor Chair	9:45AM Intermediate Spin Floor Chair	10:45AM Floor/Chair
* Co-Ed Night! *		* Co-Ed Night! *		12:00PM Intermediate Spin	11:00AM Pole 4 Sexy Stretch	12:00PM Sexy Stretch
5:30PM Floor/Chair	5:30PM Pole 2/3 Booty Basics	5:30PM Pole 1/2 Off-Pole Boot Camp	5:30pm Int/Adv Spin Floor/Chair	5:30PM Pole Play Floor Chair	12:15PM Pole Flow	Open Studio Time & Private Sessions are available by appointment only. <i>Please call at least 24 hours in advance to reserve Open Studio Time.</i>
6:45PM Intermediate Spin	6:45PM Pole 4 Floor/Chair	6:45PM Pole 4/5 Floor Chair	6:45pm Pole 5 Flow & Floorwork	6:45PM Pole 2 Sexy Stretch	1:30PM \$10 Saturday Sampler	
8:00PM Pole 3	8:00PM Co-Ed Pole Fit Sexy Stretch	8:00PM Pole Play	8:00pm Pole 1/2 Sexy Stretch	8:00PM Pole 1 Flow & Floorwork	2:45 Pole 1/2	

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

Please visit xposefitness.com for more information and to register for classes!