



## 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.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b> <i>*All Classes just \$10 each!</i>	<b>SATURDAY</b>	<b>SUNDAY</b>
	<b>9:30AM</b> PoleFlow			<b>9:30AM</b> Pole 1/2	<b>8:30AM</b> Flow&Floorwork	<b>9:30AM</b> Pole 5
<b>10:45AM</b> Pole 2	<b>10:45AM</b> Pole Conditioning		<b>10:45AM</b> Pole 3/4	<b>10:45AM</b> Pole&Chair	<b>9:45AM</b> Floor/Chair Pole Flow	<b>10:45AM</b> Floor/Chair
<b>12:00PM</b> Pole 3	<b>12:00PM</b> Pole Play		<b>12:00PM</b> Pole 1/2	<b>12:00PM</b> Beg/Int. Spin	<b>11:00AM</b> Pole Play	<b>12:00PM</b> Sexy Stretch
<b>**Monday and Wednesday Evening Classes Are Open to Divas of All Genders!**</b>						<b>Open Studio Time &amp; Private Sessions available by appointment only.</b>  <b>Please call (410) 661-1301 at least 24 hours in advance to reserve Open Studio Time.</b>  <b>Please email <a href="mailto:Info@xposefitness.com">Info@xposefitness.com</a> to schedule Private Sessions.</b>
<b>*Co-Ed Night!*</b>		<b>*Co-Ed Night!*</b>				
<b>5:30PM</b> Pole 1/2	<b>5:30PM</b> Floor/Chair Pole 4	<b>5:30PM</b> Pole 1/2	<b>5:30PM</b> Advanced Spin	<b>5:30PM</b> Floor/Chair Pole Play	<b>12:15PM</b> \$10 Saturday Sampler	
<b>6:45PM</b> Flow&Floorwork	<b>6:45PM</b> Flow&Floorwork Pole 3	<b>6:45PM</b> Sexy Stretch Pole 5	<b>6:45PM</b> Flow&Floorwork Pole 2	<b>6:45PM</b> Sexy Stretch Pole 2	<b>1:30PM</b> Pole 1	
<b>8:00PM</b> Pole 2/3	<b>8:00PM</b> Co-Ed Pole Fit	<b>8:00PM</b> Pole Flow	<b>8:00PM</b> Sexy Stretch Beg/Int. Spin	<b>8:00PM</b> Booty Basics Pole 1	<b>2:45PM</b> Beginner Spin	

**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