

Xpose Fitness

Schedule of Classes – September/October 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.

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