

# Xpose Fitness

## Schedule of Classes – July 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>*All Classes just \$10 each!</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 Floor/Chair	12:00PM Sexy Stretch	10:45AM Floor/Chair	9:45AM Floor/Chair Pole Flow	10:45AM Floor/Chair
<b>**Monday and Wednesday evening classes are open to Divas of all genders!**</b>						<b>Open Studio Time &amp; Private Sessions are 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:xposetowson@xposefitness.com">xposetowson@xposefitness.com</a> to schedule Private Sessions.</b>
<b>*Co-Ed Night!*</b>		<b>*Co-Ed Night!*</b>				
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	
6:45PM Pole 2/3	6:45PM Floor/Chair Pole 4	6:45PM Floor/Chair Pole 5	6:45PM Flow&Floorwork Pole 4	6:45PM Sexy Stretch Pole 2	1:30PM Pole 1	
8:00PM Intermediate Spin	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](http://www.xposefitness.com) for more information and to register for classes!