



Class Schedule: July 2026

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.

MONDAY <i>(Co-Ed Day)</i>	TUESDAY	WEDNESDAY <i>(Co-Ed Day)</i>	THURSDAY <i>(Co-Ed Day)</i>	FRIDAY <i>*All Classes just \$10 each!</i>	SATURDAY	SUNDAY
10:45AM Pole 2 12:00PM Pole 3	10:45AM Pole Conditioning 12:00PM Pole Play		9:30PM Pole 1/2 10:45AM Pole 3	9:30AM Pole 1/2 10:45AM Pole&Chair 12:00PM Beg/Int. Spin	9:45AM Floor/Chair Pole Flow 11:00AM Pole Play	9:30AM Pole 4/5 10:45AM Floor/Chair 12:00PM Sexy Stretch
Classes on Monday, Wednesday, and Thursday Are Open to Divas of All Genders!						Open Studio Time & Private Sessions available by appointment only. Please call (410) 661-1301 at least 24 hours in advance to reserve Open Studio Time. Private Classes and On-on-One Sessions can be requested through our website: www.xposefitness.com/privatesessions.
5:30PM Pole 1/2 6:45PM Pole Flow 8:00PM Pole 2/3	5:30PM Floor/Chair Pole 4 6:45PM Flow&Floorwork Pole 3 8:00PM Co-Ed Pole Fit	5:30PM Beginner Spin 6:45PM Sexy Stretch Pole 5 8:00PM Pole Flow	5:30PM Advanced Spin 6:45PM Flow&Floorwork Pole 1/2 8:00PM Sexy Stretch Pole 2/3	5:30PM Floor/Chair Pole Play 6:45PM Sexy Stretch Pole 2 8:00PM Booty Basics Pole 1	12:15PM Pole 1 1:30PM Beginner Spin 2:45PM Pole Play	

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

Please visit www.xposefitness.com for more information