

# Xpose Fitness

## Schedule of Classes – January 2022

**Class starts promptly.** No late entry is permitted at this time. You must pre-register for all classes. All Classes are one hour in length. Please pay close attention to new class times. Studio doors will open 10 minutes prior to the start of class. Classes and instructors are subject to change.

<i><b>MONDAY</b></i>	<i><b>TUESDAY</b></i>	<i><b>WEDNESDAY</b></i>	<i><b>THURSDAY</b></i>	<i><b>\$5 FRIDAY</b></i> <i>All classes just \$5 each!</i>	<i><b>SATURDAY</b></i>	<i><b>SUNDAY</b></i>
9:30AM <b>Floor/Chair</b>	9:30AM <b>Intermediate Spin</b>	<b>Open Studio Time &amp; Private Sessions</b> - <i>available by appointment only.</i>	9:30AM <b>Pole Conditioning</b>	9:30AM <b>Pole 1/2</b>	8:30AM <b>Pole 3</b>	9:30AM <b>Pole 4</b>
10:45AM <b>Pole 1/2</b>	10:45AM <b>Flow &amp; Floorwork</b>		10:45AM <b>Sexy Stretch</b>	10:45AM <b>Floor/Chair</b>	9:45AM <b>Pole 1/2 Floor/Chair</b>	10:45AM <b>Pole Conditioning Floor/Chair</b>
12:00PM <b>Pole 2/3</b>	12:00PM <b>Pole Play</b>		12:00PM <b>Pole Play</b>	12:00PM <b>Pole 3</b>	11:00AM <b>Pole 5 Sexy Stretch</b>	12:00PM <b>Pole 1/2 Sexy Stretch</b>
<i>* Open Studio Time – by appointment only *</i>	<i>* Open Studio Time – by appointment only *</i>	<i>* Open Studio Time – by appointment only *</i>	<i>* Open Studio Time – by appointment only *</i>			<b>* Please call at least 24 hours in advance to schedule Open Studio Time.*</b>
<b>**Co-Ed Night!**</b>		<b>**Co-Ed Night!**</b>				
5:30PM <b>Pole 3/4 Floor/Chair</b>	5:30PM <b>Pole 2 Booty Basics</b>	6:00PM <b>Pole 4/5</b>	5:30pm <b>Pole 4 Floor/Chair</b>	5:30PM <b>Pole 1 Floor/Chair</b>	12:30PM <b>Pole 1</b>	<b>**Monday and Wednesday evening classes are open to all genders!**</b>
6:45PM <b>Pole 1/2 Sexy Stretch</b>	6:45PM <b>Pole 3 Sexy Stretch</b>	7:15PM <b>POUND</b>	6:45pm <b>Intermediate Spin Flow &amp; Floorwork</b>	6:45PM <b>Pole 2 Sexy Stretch</b>	1:45PM <b>Intro to Spin Pole</b>	
8:00PM <b>Int/Adv Spin</b>	8:00PM <b>Pole Fit Floor/Chair</b>		8:00pm <b>Pole 1/2 Sexy Stretch</b>	8:00PM <b>Pole Play Booty Basics</b>	3:00PM <b>Pole Play</b>	<b>You Must be at least 18 years of age to participate in any classes at Xpose Fitness.</b>