

Xpose Fitness

Schedule of Classes – December 2021

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