

Xpose Fitness

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