



# JUNE 2021 - LA PLATA SCHEDULE - GROUP X

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>June</b>		<b>1</b> 6:00 PM Spin with Pina <i>New!</i> 6:00 PM BodyPump™ with Meredith	<b>2</b> 9:30 AM HITT with Keith  5:30 PM Kickboxing with Meg	<b>3</b> <i>New!</i> 6:00 AM BodyPump™ w/Meredith	<b>4</b> 5:30 PM Kettle Bells with Keith	<b>5</b> 8:00 AM SPIN with Meredith/Michael  9:00 AM Boot Camp with Meg
<b>6</b> 9:00 AM Cardio Combat with Keith	<b>7</b>	<b>8</b> 6:00 PM Spin with Pina <i>New!</i> 6:00 PM BodyPump™ with Meredith	<b>9</b> 9:30 AM HITT with Keith  5:30 PM Kickboxing with Meg	<b>10</b> <i>New!</i> 6:00 AM BodyPump™ w/Meredith	<b>11</b> 5:30 PM Kettle Bells with Keith	<b>12</b> 8:00 AM SPIN with Meredith/Michael  9:00 AM Boot Camp with Meg
<b>13</b> 9:00 AM Cardio Combat with Keith	<b>14</b>	<b>15</b> 6:00 PM Spin with Pina <i>New!</i> 6:00 PM BodyPump™ with Meredith	<b>16</b> 9:30 AM HITT with Keith  5:30 PM Kickboxing with Meg	<b>17</b> <i>New!</i> 6:00 AM BodyPump™ w/Meredith	<b>18</b> 5:30 PM Kettle Bells with Keith	<b>19</b> 8:00 AM SPIN with Meredith/Michael  9:00 AM Boot Camp with Meg
<b>20</b> 9:00 AM Cardio Combat with Keith  <b>FATHER'S DAY!</b>	<b>21</b>	<b>22</b> 6:00 PM Spin with Pina <i>New!</i> 6:00 PM BodyPump™ with Meredith	<b>23</b> 9:30 AM HITT with Keith  5:30 PM Kickboxing with Meg	<b>24</b> <i>New!</i> 6:00 AM BodyPump™ w/Meredith	<b>25</b> 5:30 PM Kettle Bells with Keith	<b>26</b> 8:00 AM SPIN with Meredith/Michael  9:00 AM Boot Camp with Meg
<b>27</b> 9:00 AM Cardio Combat with Keith	<b>28</b>	<b>29</b> 6:00 PM Spin with Pina <i>New!</i> 6:00 PM BodyPump™ with Meredith	<b>30</b> 9:30 AM HITT with Keith  5:30 PM Kickboxing with Meg	<b>1</b> <i>New!</i> 6:00 AM BodyPump™ w/Meredith	<b>2</b> 5:30 PM Kettle Bells with Keith	<b>3</b> 8:00 AM SPIN w/Meredith/Michael 9:00 AM Boot Camp W/Meg

## SOUTHERN MARYLAND MARTIAL ARTS AND FITNESS and FIT LIFE PERSONAL TRAINING

LA PLATA: 140 Drury Drive  
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