

april schedule

happy hour . . . minus the cocktails
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April 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6 am// Morning Buzz 12pm// Nooner	2 8 am // AB-solute Sweat-tini 10 am// Step & Sculpt 11 am // 6-Pack Blast 7pm// Cardio Striptease
3 9 am// Run on the Rocks 11 am// Bootcamp Blast	4 6 am// Morning Buzz	5 6:15 pm // Gym & Tonic Tuesday	6 6 am // Morning Buzz	7 6:15 pm // Thirsty Thursday	8 6 am// Morning Buzz NO NOONER	9 8am// AB-solute Sweat-tini NO CLASSES
10 8:30am// Seahawks 12K NO CLASSES	11 6 am// Morning Buzz	12 6:15 pm // Gym & Tonic Tuesday	13 6 am// Morning Buzz	14 6:15 pm // Thirsty Thursday	15 6 am// Morning Buzz 12pm// Nooner	16 8am// AB-solute Sweat-tini 10 am// Cardio Salsa
17 9 am// Run on the Rocks NO CLASSES	18 6 am// Morning Buzz	19 6:15 pm // Gym & Tonic Tuesday	20 6 am // Morning Buzz	21 6:15 pm // Thirsty Thursday	22 6 am //Morning Buzz 12pm// Nooner	23 8am// AB-solute Sweat-tini 10 am// Step Jam
24 9 am// Run on the Rocks NO CLASSES	25 6 am// Morning Buzz	26 6:15 pm // Gym & Tonic Tuesday	27 6 am // Morning Buzz	28 6:15 pm // Thirsty Thursday	29 NO CLASSES	30 NO CLASSES