

april 2018

april schedule

happy hour . . . minus the cocktails
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter Run on the Rocks 9am// Bootcamp on the Rocks 5th Annual HHbM Easter Egg Hunt (12:00)	2 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	3 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	4 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	5 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	6 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	7 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
8 Run on the Rocks 9am// Bootcamp on the Rocks	9 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	10 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	11 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	12 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	13 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	14 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
15 NO CLASS Seahawks 12K	16 HHbM's 6th year Anniversary! 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151 (DJ RICKI)	17 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	18 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	19 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	20 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	21 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
22 Run on the Rocks 9am// Bootcamp on the Rocks	23 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	24 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	25 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	26 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	27 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	28 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
29 Run on the Rocks 9am// Bootcamp on the Rocks	30 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151					