

# april 2019

## april schedule

happy hour . . . minus the cocktails

[marisa@happyhourbymarisa.com](mailto:marisa@happyhourbymarisa.com)

[www.happyhourbymarisa.com](http://www.happyhourbymarisa.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	<b>2</b> 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	<b>3</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	<b>4</b> 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	<b>5</b> 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	<b>6</b> 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151 <b>(DJ Ricki)</b>
<b>7</b> 7:00am// Run on the Rocks 9:00am// Bartender's Choice 10:00am// Straight Up Stretching	<b>8</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	<b>9</b> 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	<b>10</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	<b>11</b> 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	<b>12</b> 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	<b>13</b> 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151  <b>GO MARINERS! ☺</b>
<b>14</b> 7:00am// Run on the Rocks 9:00am// Bartender's Choice	<b>15</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	<b>16</b> <b>HHbM 7 YEAR ANNIVERSARY!</b> 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	<b>17</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	<b>18</b> 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	<b>19</b> 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	<b>20</b> 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
<b>21</b> <b>HAPPY EASTER!</b> 9:00am// Bootcamp on the Rocks (client run)	<b>22</b> 5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run) 5:30pm// Bootcamp on the Rocks (client run)	<b>23</b> 5:30pm// Bootcamp on the Rocks (client run)	<b>24</b> 5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run) 5:30pm// Bootcamp on the Rocks (client run)	<b>25</b> 11am// Bootcamp on the Rocks (client run) 5:30pm// Bootcamp on the Rocks (client run)	<b>26</b> 5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run)	<b>27</b> 8am// Bootcamp on the Rocks (client run)
<b>28</b> 9:00am// Bootcamp on the Rocks (client run)	<b>29</b> 5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run) 5:30pm// Bootcamp on the Rocks (client run)	<b>30</b> 5:30pm// Bootcamp on the Rocks (client run)				