

# august 2017

## august schedule

happy hour . . . minus the cocktails  
marisa@happyhourbymarisa.com // [www.happyhourbymarisa.com](http://www.happyhourbymarisa.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	2  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	3  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	4  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	5  8am// Bootcamp on the Rocks 9am// Step 151
6  8am// Bootcamp on the Rocks 9am// Step 151	7  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	8  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	9  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	10  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	11  5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run)	12  8am// Bootcamp on the Rocks (client run)
13  8am// Bootcamp on the Rocks (client run)	14  5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run) 5:30pm// Bootcamp on the Rocks (client run)	15  5:30pm// Bootcamp on the Rocks (client run)	16  5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run) 5:30pm// Bootcamp on the Rocks (client run)	17  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	18  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	19  8am// Bootcamp on the Rocks 9am// Step 151
20  8am// Bootcamp on the Rocks 9am// Step 151	21  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	22  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	23  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	24  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	25  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	26  8am// Bootcamp on the Rocks 9am// Step 151
27  8am// Bootcamp on the Rocks 9am// Step 151	28  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 <b>(DJ Ricki)</b>	29  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	30  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	31  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist		