

february 2019

february schedule

happy hour . . . minus the cocktails

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	2 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151 YOGA 201 WORKSHOP (11:00-12:30)
3 9:00am// Bartender's Choice 10:00am// Namaste Neat (YOGA STARTS!)	4 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: Shaken not Stirred	5 5:30am// Namaste Neat 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	6 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	7 12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	8 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	9 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
10 9:00am// Bartender's Choice 10:00am// Namaste Neat	11 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: Shaken not Stirred	12 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	13 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	14 12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	15 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	16 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151 (DJ Ricki) STEP 201 WORKSHOP (10:30-12:00)
17 9:00am// Bartender's Choice 10:00am// Namaste Neat	18 PRESIDENTS' DAY 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: Shaken not Stirred	19 5:30am// Namaste Neat 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	20 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	21 12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	22 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	23 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151 CARDIO STRIPTEASE (6:00-8:00PM)
24 9:00am// Bartender's Choice 10:00am// Namaste Neat	25 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: Shaken not Stirred	26 5:30am// Namaste Neat 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	27 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	28 12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist		