

january 2019

january schedule

happy hour . . . minus the cocktails

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NEW YEAR'S DAY	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 4:30/5:00/5:30pm// 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// 6-Pack Abs 9:15am// Step 151
6 9:00am// Bootcamp on the Rocks	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: Shaken not Stirred	8 4:30/5:00/5:30pm// 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 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	11 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	12 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151 STEP 101 WORKSHOP (10:30-12:30)
13 9:00am// Bootcamp on the Rocks	14 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	15 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	16 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	17 12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// 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// 6-Pack Abs 9:15am// Step 151 (DJ Ricki) YOGA 101 WORKSHOP (11:00-1:00)
20 9:00am// Bootcamp on the Rocks	21 MLK 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	22 4:30/5:00/5:30pm// 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 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	25 5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run)	26 8am// Bootcamp on the Rocks (client run)
27 9:00am// Bootcamp on the Rocks (client run)	28 5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run)	29 4:30/5:00/5:30pm// 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 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist		