

july 2018

july schedule

happy hour . . . minus the cocktails

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am// Bootcamp on the Rocks SPECIAL OLYMPICS OPENING CEREMONY (12:30)	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 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	4 HAPPY 4TH! 7am// Bootcamp on the Rocks 8am// Cardio Chisel with a Twist	5 NO CLASSES	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 8:30am// 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 4:30/5:00/5:30pm// 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 4:30/5:00/5:30pm// 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 8:30am// Bootcamp on the Rocks	16 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 4:30/5:00/5:30pm// 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 4:30/5:00/5:30pm// 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 8:30am// 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 HAPPY HOUR FOR HALF PINTS	24 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday HAPPY HOUR FOR HALF PINTS	25 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151 HAPPY HOUR FOR HALF PINTS	26 12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist HAPPY HOUR FOR HALF PINTS	27 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151) HAPPY HOUR FOR HALF PINTS	28 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
29 8:30am// 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	31 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday				