

june 2018

june schedule

happy hour . . . minus the cocktails

marisa@happyhourbymarisa.com

www.happyhourbymarisa.com

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
3 Run on the Rocks 9:30am// Bootcamp on the Rocks	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 151	5 4:35/5:05/5:35pm// 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 4:35/5:05/5:35pm// 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 NO CLASS: Rock'n'Roll Half Marathon	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 151	12 4:35/5:05/5:35pm// 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 4:35/5:05/5:35pm// 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
17 FATHER'S DAY 8:30am// Bootcamp on the Rocks	18 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)	19 4:35/5:05/5:35pm// 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 4:35/5:05/5:35pm// 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
24 8:30am// Bootcamp on the Rocks	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 151	26 4:35/5:05/5:35pm// 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 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	29 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	30 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151