

June 2019

June schedule

happy hour . . . minus the cocktails

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151 (DJ Ricki)
2 7:00am// Run on the Rocks 9:00am// Bartender's Choice 10:00am// Namaste Neat (yoga)	3 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	4 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	5 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	6 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	7 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	8 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
9 ROCK'N'ROLL HALF MARATHON! Come cheer us on!! 9:30am// Namaste Neat (yoga)	10 5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run) 5:30pm// Bootcamp on the Rocks (client run)	11 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	12 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	13 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	14 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	15 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
16 FATHER'S DAY 8:30am// Bartender's Choice 9:30am// Namaste Neat (yoga)	17 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	18 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	19 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	20 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	21 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	22 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
23 / 30 TEAM HIKE ON JUNE 23RD (details coming) 8:30am// Bartender's Choice 9:30am// Namaste Neat (yoga)	24 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	25 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	26 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks COOKING COMMUNITY DINNER FOR SAFE PARKING PROGRAM WITH KELVIN (details coming)	27 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	28 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	29 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151