

# march 2018

## march schedule

happy hour . . . minus the cocktails  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	2  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	3  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
4  9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151)	5  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	6  4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	7  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	8  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	9  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	10  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151  <b>Taco TWOSday: Xavier's Birthday! (3:00-5:00)</b>
11  9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151)	12  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	13  4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	14  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	15  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	16  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	17  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
18  9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151)	19  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 <b>(DJ RICKI)</b>	20  4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	21 <b>CRAZY SOCK DAY!</b>  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	22  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	23  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	24  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
25  9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151)  <b>BIG CLIMB (1:00)</b>	26  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	27  4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	28  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	29  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	30  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	31  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151