

may 2017

may schedule

happy hour . . . minus the cocktails
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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	2 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	3 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Packs Abs 5:30pm// Bar-tending 6:30pm// Step 151	4 12pm// Bootcamp on the Rocks 5pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	5 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	6 8am// Bootcamp on the Rocks 9am// Step 151
7 10am// Bootcamp on the Rocks	8 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	9 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	10 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Packs Abs 5:30pm// Bar-tending 6:30pm// Step 151	11 12pm// Bootcamp on the Rocks 5pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	12 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	13 8am// Bootcamp on the Rocks 9am// Step 151
14 MOTHER'S DAY 10am// Bootcamp on the Rocks	15 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	16 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	17 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Bar-tending 6:30pm// Step 151	18 12pm// Bootcamp on the Rocks 5pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	19 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	20 8am// Bootcamp on the Rocks 9am// Step 151
21 10am// Bootcamp on the Rocks	22 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	23 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	24 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Bar-tending 6:30pm// Step 151	25 12pm// Bootcamp on the Rocks 5pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	26 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	27 8am// Bootcamp on the Rocks 9am// Step 151
28 10am// Bootcamp on the Rocks	29 MEMORIAL DAY 9am// Bootcamp on the Rocks 10am// 6-Pack Abs 10:30am// Step 151	30 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	31 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Bar-tending 6:30pm// Step 151			