

may 2019

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 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	2 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	3 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	4 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
5 7:00am// Run on the Rocks 9:00am// Bartender's Choice 10:00am// Straight Up Stretching	6 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	7 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	8 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	9 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	10 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	11 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151 (DJ Ricki) CARDIO STRIPEASE- Shake What Your Momma Gave Ya (6:00pm)
12 MOTHER'S DAY 7:00am// Run on the Rocks 8:30am// Cheers to STRONG MOMMAS Bootcamp 9:30am// Bartender's Choice	13 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	14 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	15 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	16 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	17 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	18 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
19 7:00am// Run on the Rocks 9:00am// Bartender's Choice 10:00am// Straight Up Stretching	20 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	21 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	22 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	23 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	24 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	25 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
26 7:00am// Run on the Rocks 9:00am// Bartender's Choice 10:00am// Straight Up Stretching	27 MEMORIAL DAY 9am// Bootcamp on the Rocks 10am// 6-Pack Abs 10:15am// Step 151	28 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	29 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	30 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	31 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	