

# september 2018

## september schedule

happy hour . . . minus the cocktails

[marisa@happyhourbymarisa.com](mailto:marisa@happyhourbymarisa.com)

[www.happyhourbymarisa.com](http://www.happyhourbymarisa.com)

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|--|---|
|   |   |  |  |  |  | <b>1</b><br><br>8am// Bootcamp on the Rocks<br>9am// 6-Pack Abs<br>9:15am// Step 151                                |
| <b>2</b><br><br>9:00am// Bar-Tending                            | <b>3 LABOR DAY</b><br><br>9am// Bootcamp on the Rocks<br>10am// 6-Pack Abs<br>10:15am// Step 151  | <b>4</b><br><br>4:30/5:00/5:30pm// Spin Mixology<br><i>(sign up required)</i><br>6pm// Tabata Tuesday  | <b>5</b><br><br>5:30am// Morning Buzz<br>10am// Bootcamp on the Rocks<br>12pm// Bootcamp on the Rocks<br>5:30pm// Bar-tending<br>6:30pm// Step 151       | <b>6</b><br><br>12pm// Bootcamp on the Rocks<br>4:30/5:00/5:30pm// Spin Mixology<br><i>(sign up required)</i><br>6pm// Cardio Chisel with a Twist  | <b>7</b><br><br>5:30am// Morning Buzz<br>10am// Combo (Bar-Tending & Step 151)                         | <b>8</b><br><br>8am// Bootcamp on the Rocks<br>9am// 6-Pack Abs<br>9:15am// Step 151                                |
| <b>9</b><br><br>9:00am// Bootcamp on the Rocks<br>(client run)  | <b>10</b><br><br>5:30am// Morning Buzz<br>(client run)<br>10am// Bootcamp on the Rocks<br>(client run)<br>12pm// Bootcamp on the Rocks<br>(client run)<br>5:30pm// Bootcamp on the Rocks<br>(client run)                    | <b>11</b><br><br>4:30/5:00/5:30pm// Spin Mixology<br><i>(sign up required)</i><br>6pm// Tabata Tuesday | <b>12</b><br><br>5:30am// Morning Buzz<br>(client run)<br>10am// Bootcamp on the Rocks<br>(client run)<br>5:30pm// Bootcamp on the Rocks<br>(client run) | <b>13</b><br><br>12pm// Bootcamp on the Rocks<br>4:30/5:00/5:30pm// Spin Mixology<br><i>(sign up required)</i><br>6pm// Cardio Chisel with a Twist | <b>14</b><br><br>5:30am// Morning Buzz<br>(client run)<br>10am// Bootcamp on the Rocks<br>(client run) | <b>15</b><br><br>8am// Bootcamp on the Rocks<br>(client run)  |
| <b>16</b><br><br>9:00am// Bootcamp on the Rocks<br>(client run) | <b>17</b><br><br>5:30am// Morning Buzz<br>10am// Bootcamp on the Rocks<br>12pm// Bootcamp on the Rocks<br>5pm// 6-Pack Abs<br>5:30pm// Cardio Chisel with a Twist<br>6:30pm// Step: Shaken not Stirred<br><b>(DJ Ricki)</b> | <b>18</b><br><br>4:30/5:00/5:30pm// Spin Mixology<br><i>(sign up required)</i><br>6pm// Tabata Tuesday | <b>19</b><br><br>5:30am// Morning Buzz<br>10am// Bootcamp on the Rocks<br>12pm// Bootcamp on the Rocks<br>5:30pm// Bar-tending<br>6:30pm// Step 151      | <b>20</b><br><br>12pm// Bootcamp on the Rocks<br>4:30/5:00/5:30pm// Spin Mixology<br><i>(sign up required)</i><br>6pm// Cardio Chisel with a Twist | <b>21</b><br><br>5:30am// Morning Buzz<br>10am// Combo (Bar-Tending & Step 151)                        | <b>22</b><br><br>8am// Bootcamp on the Rocks<br>9am// 6-Pack Abs<br>9:15am// Step 151<br><br><b>WARRIOR DASH!!!</b> |
| <b>23 / 30</b><br><br>9:00am// Bar-Tending                      | <b>24</b><br><br>5:30am// Morning Buzz<br>10am// Bootcamp on the Rocks<br>12pm// Bootcamp on the Rocks<br>5pm// 6-Pack Abs<br>5:30pm// Cardio Chisel with a Twist<br>6:30pm// Step: Shaken not Stirred                      | <b>25</b><br><br>4:30/5:00/5:30pm// Spin Mixology<br><i>(sign up required)</i><br>6pm// Tabata Tuesday | <b>26</b><br><br>5:30am// Morning Buzz<br>10am// Bootcamp on the Rocks<br>12pm// Bootcamp on the Rocks<br>5:30pm// Bar-tending<br>6:30pm// Step 151      | <b>27</b><br><br>12pm// Bootcamp on the Rocks<br>4:30/5:00/5:30pm// Spin Mixology<br><i>(sign up required)</i><br>6pm// Cardio Chisel with a Twist | <b>28</b><br><br>5:30am// Morning Buzz<br>10am// Combo (Bar-Tending & Step 151)                        | <b>29</b><br><br>8am// Bootcamp on the Rocks<br>9am// 6-Pack Abs<br>9:15am// Step 151                               |