

september 2019

september schedule

happy hour . . . minus the cocktails

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am// Bartender's Choice	2 LABOR DAY 9am// Bootcamp on the Rocks 10am// 6-Pack Abs 10:15am// Step 151	3 10:30am// Big Shots & Tini-Tots (Mommy & Me) 4:30/5:00/5:30pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	4 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	5 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	6 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	7 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
8 8:30am// Bartender's Choice 9:30am// Namaste Neat (yoga)	9 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	10 10:30am// Big Shots & Tini-Tots (Mommy & Me) 4:30/5:00/5:30pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	11 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	12 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	13 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	14 8am// Open Bar (client run)
15 8:30am// Open Bar (client run) 9:30am// Namaste Neat (yoga)	16 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	17 10:30am// Big Shots & Tini-Tots (Mommy & Me) 4:30/5:00/5:30pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	18 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	19 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	20 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151) 6:30pm// BAD MOMS (LADIES) NIGHT OUT! (J. Bookwalter Winery)	21 8am// Open Bar (client run) TOUGH MUDDER
22 8:30am// Bartender's Choice 9:30am// Namaste Neat (yoga)	23 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	24 10:30am// Big Shots & Tini-Tots (Mommy & Me) 4:30/5:00/5:30pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	25 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 11am// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	26 11am// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	27 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	28 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151 BOB'S CORN MAZE & FIRE PIT ADVENTURE!
29 8:30am// Bartender's Choice 9:30am// Namaste Neat (yoga)	30 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					