

december schedule

december 2017

happy hour . . . minus the cocktails
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|---|
| | | | | | 1 5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run) | 2 8am// Bootcamp on the Rocks (client run) |
| 3 9am// Bootcamp on the Rocks (client run) Seahawks vs. Eagles- 5:30pm (HOME) | 4 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 | 5 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday | 6 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151 | 7 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist | 8 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151) | 9 8am// Bootcamp on the Rocks 9am// Step 151 |
| 10 9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151) Seahawks vs. Jaguars- 1:25pm (AWAY) | 11 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 | 12 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday | 13 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151 | 14 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist | 15 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151) | 16 8am// Bootcamp on the Rocks 9am// Step 151 |
| 17 9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151) Seahawks vs. Rams- 1:05pm (HOME) | 18 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 (DJ RICKI) | 19 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday | 20 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151 | 21 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist | 22 5:30am// Morning Buzz 10am// Bootcamp on the Rocks (client run) | 23 8am// Bootcamp on the Rocks (client run) |
| 24 / 31 MERRY CHRISTMAS EVE! Seahawks vs. Cowboys- 1:25pm (AWAY) NEW YEAR'S EVE 9am// Bootcamp on the Rocks 10am// Step 151 Seahawks vs. Cardinals- 1:25pm (HOME) | 25 MERRY CHRISTMAS! | 26 NO CLASSES | 27 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151 | 28 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist | 29 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151) | 30 8am// Bootcamp on the Rocks 9am// Step 151 |