

november schedule

november 2014

happy hour . . . minus the cocktails

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8am// Bootcamp on the Rocks 9am// Step 151 10am// 6-Pack Abs
2 8am// Bar-tending 9am// Step 151 10am// Bootcamp on the Rocks Seahawks vs. Raiders (1:00pm) (HOME)	3 5:30am// Morning Buzz 6am// 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)	4 12pm// Bootcamp on the Rocks 5pm// Spin Mixology (90 min) <i>(sign up for one of 3 start times for spin: 5:05,5:35, 6:05)</i> 6:30pm// Straight Up Circuit	5 5:30am// Morning Buzz 6am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151 7:30pm// Straight Up Circuit	6 12pm// Bootcamp on the Rocks 5pm// Bottoms Up 5:30pm// Cardio Chisel with a Twist 6:30pm// Straight Up Circuit	7 5:30am// Morning Buzz 6am// Morning Buzz 10am// Bar-tending 11am// Step 151 12pm// Spin Mixology (90 min) <i>(sign up for one of 2 start times for spin: 12:05,12:35)</i>	8 8am// Bootcamp on the Rocks 9am// Step 151 10am// 6-Pack Abs
9 8am// Bar-tending 9am// Step 151 10am// Bootcamp on the Rocks Seahawks vs. Giants (1:00pm) (HOME)	10 5:30am// Morning Buzz 6am// 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)	11 12pm// Bootcamp on the Rocks 5pm// Spin Mixology (90 min) <i>(sign up for one of 3 start times for spin: 5:05,5:35, 6:05)</i> 6:30pm// Straight Up Circuit	12 5:30am// Morning Buzz 6am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151 7:30pm// Straight Up Circuit	13 12pm// Bootcamp on the Rocks 5pm// Bottoms Up 5:30pm// Cardio Chisel with a Twist 6:30pm// Straight Up Circuit	14 5:30am// Morning Buzz 6am// Morning Buzz 10am// Bar-tending 11am// Step 151 12pm// Spin Mixology (90 min) <i>(sign up for one of 2 start times for spin: 12:05,12:35)</i>	15 8am// Bootcamp on the Rocks 9am// Step 151 10am// 6-Pack Abs
16 8am// Bar-tending 9am// Step 151 10am// Bootcamp on the Rocks Seahawks vs. Chiefs (10:00am) (AWAY)	17 5:30am// Board workout (client run) 10:00am// Board workout (client run) 12:00pm// Board workout (client run)	18	19 5:30am// Board workout (client run) 10:00am// Board workout (client run) 12:00pm// Board workout (client run)	20	21 5:30am// Board workout (client run) 10:00am// Board workout (client run) 12:00pm// Board workout (client run)	22 9am// Board workout (client run)
23 / 30 8am// Bar-tending 9am// Step 151 10am// Bootcamp on the Rocks Seahawks vs. Cardinals (1:00pm) (HOME)	24 5:30am// Morning Buzz 6am// 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)	25 12pm// Bootcamp on the Rocks 5pm// Spin Mixology (90 min) <i>(sign up for one of 3 start times for spin: 5:05,5:35, 6:05)</i> 6:30pm// Straight Up Circuit	26 5:30am// Morning Buzz 6am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151 7:30pm// Straight Up Circuit	27 THANKSGIVING WORKOUT TO PIG OUT 7am// Bootcamp on the Rocks 8am// Step 151 9am// Bootcamp on the Rocks Seahawks vs. 49ers (5:30pm) (AWAY)	28 POST-TURKEY TRIM DOWN 9am// Bootcamp on the Rocks 10am// Step 151	29 8am// Bootcamp on the Rocks 9am// Step 151 10am// 6-Pack Abs