

november 2017

november 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 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	2 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// 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// Step 151
5 9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151) Seahawks vs. Redskins- 1:05pm (HOME)	6 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	7 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	8 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	9 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist Seahawks vs. Cardinals – 5.25pm (AWAY)	10 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	11 8am// Bootcamp on the Rocks 9am// Step 151
12 9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151)	13 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	14 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	15 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	16 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// 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// Step 151
19 9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151)	20 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) Seahawks vs. Falcons - 5:30pm (HOME)	21 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	22 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	23 HAPPY THANKSGIVING WORKOUT TO PIG OUT 8am// Bootcamp on the Rocks 9am// Step 151	24 POST TURKEY TRIM DOWN 9am// Bootcamp on the Rocks 10am// Step 151	25 8am// Bootcamp on the Rocks 9am// Step 151
26 9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151) Seahawks vs. 49ers- 1:05pm (AWAY)	27 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	28 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	29 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	30 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist		