

october 2017

october schedule

happy hour . . . minus the cocktails
 marisa@happyhourbymarisa.com // www.happyhourbymarisa.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151) BUDDY WALK (1pm) Seahawks vs. Colts- 5:30pm (HOME)	2 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	3 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	4 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	5 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	6 5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run)	7 8am// Bootcamp on the Rocks (client run)
8 9am// Bootcamp on the Rocks (client run) Seahawks vs. Rams- 1:05pm (AWAY)	9 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	10 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	11 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	12 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	13 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	14 8am// Bootcamp on the Rocks 9am// Step 151
15 9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151)	16 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	17 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	18 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	19 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Cardio Chisel with a Twist	20 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	21 8am// Bootcamp on the Rocks 9am// Step 151
22 9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151) Seahawks vs. Giants- 1:25pm (AWAY)	23 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)	24 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday	25 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	26 12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// 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// Step 151
29 9am// Bootcamp on the Rocks 10am// Combo (Bar-Tending & Step 151) Seahawks vs. Texans- 1:05pm (HOME)	30 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	31 TRICK-OR-TREAT 4:35/5:05/5:35pm// Spin Mixology (sign up required) 6pm// Tabata Tuesday				