

# october schedule

blessed to be able!

[marisam@happyhourbymarisa.com](mailto:marisam@happyhourbymarisa.com)

[www.happyhourbymarisa.com](http://www.happyhourbymarisa.com)

Bootcamps live using Zoom!

Step 151 live using Facebook Live

## october 2024

(ALL CLASSES ARE A COMBO OF  
IN-PERSON AND VIRTUAL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	<b>2</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>3</b> 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	<b>4</b> 10am// Bootcamp on the Rocks  <b>BLESSED CHAOS AT THE BREWERY (5:00-8:00PM)</b>	<b>5</b> 8am// Bootcamp on the Rocks 9:15am// Step 151
<b>6</b> 9am// Bootcamp on the Rocks	<b>7</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>8</b> 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	<b>9</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>10</b> 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	<b>11</b> 10am// Bootcamp on the Rocks	<b>12</b> 8am// Bootcamp on the Rocks 9:15am// Step 151
<b>13</b> 7am// Bootcamp on the Rocks  <b>BUDDY WALK at the Woodland Park Zoo (10:00-1:00)</b>	<b>14</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>15</b> 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	<b>16</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>17</b> 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	<b>18</b> 10am// Bootcamp on the Rocks	<b>19</b> 8am// Bootcamp on the Rocks 9:15am// Step 151  <b>GHOULS NIGHT OUT! (6:00-9:00PM)</b>
<b>20</b> 9am// Bootcamp on the Rocks	<b>21</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>22</b> 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	<b>23</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>24</b> 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	<b>25</b> 10am// Bootcamp on the Rocks	<b>26</b> 8am// Bootcamp on the Rocks 9:15am// Step 151  <b>TRUNK OR TREATING! (2:00-4:00PM)</b>
<b>27</b> 9am// Bootcamp on the Rocks	<b>28</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>29</b> 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	<b>30</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>31</b> 10am// Bootcamp on the Rocks  <b>HAPPY HALLOWEEN! TRICK OR TREAT!</b>		