

# november 2018

## november schedule

happy hour . . . minus the cocktails

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	2  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	3  8am// Bootcamp on the Rocks (client run)
4  9:00am// Bootcamp on the Rocks (client run)	5  5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run) 5:00-6:30pm// Bootcamp on the Rock/ open gym (client run)	6  5:00-6:30pm// Bootcamp on the Rocks (client run)	7  5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run) 12pm// Bootcamp on the Rocks (client run) 5:00-6:30pm// Bootcamp on the Rock/ open gym (client run)	8  12pm// Bootcamp on the Rocks (client run) 5:00-6:30pm// Bootcamp on the Rock/ open gym (client run)	9  5:30am// Morning Buzz (client run) 10am// Bootcamp on the Rocks (client run)	10  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
11  9:00am// Bar-Tending	12  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: Shaken not Stirred	13  4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	14  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	15  12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	16  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	17  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
18  9:00am// Bar-Tending	19  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: Shaken not Stirred	20  4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	21  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	22 <b>THANKSGIVING!</b>  <b>WORKOUT TO PIG OUT</b> 8am// Bootcamp on the Rocks 9am// Step 151 (DJ RICKI LEIGH)	23  <b>POST-TURKEY TRIM DOWN</b> 9am// Bootcamp on the Rocks 10am// Cardio Chisel with a Twist	24  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
25  9:00am// Bar-Tending	26  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: Shaken not Stirred	27  4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	28  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	29  12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	30  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	