

# october 2018

## october schedule

happy hour . . . minus the cocktails

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 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	<b>2</b> 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	<b>3</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	<b>4</b> 12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	<b>5</b> 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	<b>6</b> 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151  <b>BOB'S CORN MAZE &amp; FIRE PIT ADVENTURE</b>
<b>7</b> 9:00am// Bar-Tending	<b>8</b> 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	<b>9</b> 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	<b>10</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	<b>11</b> 12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	<b>12</b> 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)  <b>COMMUNITY GARAGE SALE</b>	<b>13</b> 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151  <b>COMMUNITY GARAGE SALE</b>
<b>14</b> 9:00am// Bar-Tending  <b>BUDDY WALK (1-4pm)</b> <b>(walk at 2:30pm)</b>	<b>15</b> 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	<b>16</b> 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	<b>17</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	<b>18</b> 12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	<b>19</b> 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	<b>20</b> 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151 <b>9:15am// Step 151 (DJ Ricki)</b>
<b>21</b> 9:00am// Bar-Tending  <b>LAST DAY TO VOTE FOR BEST OF WESTERN WASHINGTON!</b>	<b>22</b> 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	<b>23</b> 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	<b>24</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	<b>25</b> 12pm// Bootcamp on the Rocks 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	<b>26</b> 5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	<b>27</b> 8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151  <b>TRUNK-OR-TREATING (2-4pm)</b>
<b>28</b> 9:00am// Bar-Tending	<b>29</b> 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	<b>30</b> 4:30/5:00/5:30pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	<b>31</b> 5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151			