

october schedule

VIRTUAL october 2020

blessed to be able!

marisa@happyhourbymarisa.com

www.happyhourbymarisa.com

Bootcamps live using Zoom!

Step 151 live using Facebook Live

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	2 11am// Bootcamp on the Rocks	3 8am// Bootcamp on the Rocks 9:15am// Step 151
4 8:30am// Bootcamp on the Rocks BUDDY WALK FOR XAVIER & DOWN SYNDROME	5 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	6 5pm// Spin Mixology 6pm// Tabata Tuesday	7 10am// Bootcamp on the Rocks	8 11am// Bootcamp on the Rocks	9 11am// Bootcamp on the Rocks	10 8am// Bootcamp on the Rocks
11 8:30am// Bootcamp on the Rocks	12 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	13 5pm// Spin Mixology 6pm// Tabata Tuesday	14 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	15 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	16 11am// Bootcamp on the Rocks	17 8am// Bootcamp on the Rocks 9:15am// Step 151
18 8:30am// Bootcamp on the Rocks	19 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	20 5pm// Spin Mixology 6pm// Tabata Tuesday	21 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	22 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	23 11am// Bootcamp on the Rocks	24 8am// Bootcamp on the Rocks 9:15am// Step 151
25 8:30am// Bootcamp on the Rocks	26 11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	27 5pm// Spin Mixology 6pm// Tabata Tuesday	28 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	29 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	30 11am// Bootcamp on the Rocks	31 8am// Bootcamp on the Rocks 9:15am// Step 151 TRUNK-OR-TREAT TACO TRUCK