



## Group SUP Morning Class

Every other week - twice a week.

10 paddlers

Times change with the tide

	MON	TUES	WED	THURS	FRI
<b>WEEK 3</b>	<b>JULY 11</b> H5:05AM	<b>12</b> H5:57AM Lesson and Paddle 5:30-7:30AM	<b>13</b> H6:51AM	<b>14</b> H7:46AM Short Paddle 6:00-7:30	<b>15</b> H8:40AM
<b>WEEK 5</b>	<b>25</b> H3:49AM	<b>26</b> H4:44AM Long Paddle 5:30-7:30AM	<b>27</b> H5:42AM	<b>28</b> H6:43AM Short Paddle 6:00-7:30AM	<b>29</b> H7:46AM
<b>WEEK 7</b>	<b>AUG 8</b> H3:40AM	<b>9</b> H4:27AM Long Paddle 5:30-7:30AM	<b>10</b> H5:17AM	<b>11</b> H6:09AM Long Paddle 6:00-8:00AM	<b>12</b> H7:04AM
<b>WEEK 9</b>	<b>22</b> H2:39AM	<b>23</b> H3:31AM Short Paddle 5:30-7:00AM	<b>24</b> H4:27AM	<b>25</b> H5:27AM Long Paddle 5:30-7:30	<b>26</b> H6:30AM