

# JULY 2022 STAND AND PADDLE SUP CALENDAR



Sign up for scheduled paddles in our app, "Schedulicity".

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Paddle Fused Fitness with Rachel, 8:30 am	27 Stand and Paddle Practice, 5:30 pm	28 Youth & Teen SUP June *MAKEUP CLASS* 10:30-11:30 SUP Paddle League, 6 pm	29	30 Paddle Fused Fitness with Mia, 4:30 pm	1	2 Paddle and Pose with Move Fitness, 6:30 am Paddle Fused Fitness with Mia, 8:30 am SUP 101 Group Lesson, 8:45 am
3 Paddle Fused Fitness with Rachel, 8:30 am *Independence Day* Sunset Sandbar Paddle, 6 pm	4 *Independence Day* Stand and Paddle Practice, 9 am	5 Youth 8-12 SUP, 10:30 Paddle and Pose with Move Fitness	6 SUP 101 Group Lesson Stand and Paddle Practice, 5 pm	7 Youth 6-7 SUP, 9:30 Teen 13-16 SUP, 11:30 SUP Paddle League, 6 pm	8	9 Paddle Fused Fitness with Mia, 8:30 am
10 Stand and Paddle Practice, 8 am Paddle Fused Fitness with Rachel, 9 am	11 Stand and Paddle Practice, 5:30 pm	12 Youth 8-12 SUP, 10:30 SUP Paddle League, 6 pm	13 Full Moon Paddle, 6 pm	14 Youth 6-7 SUP, 9:30 Teen 13-16 SUP, 11:30	15	16 Sandbar Sunrise Guided Paddle, 6 am SUP 101 Group Lesson Stand and Paddle Practice
17 Paddle and Pose with Move Fitness Root & Bloom Market *SPECIAL EVENT*	18 Sandbar Stand and Paddle Practice	19 Youth 8-12 SUP, 10:30	20 SUP 101 Group Lesson	21 Youth 6-7 SUP, 9:30 Teen 13-16 SUP, 11:30 SUP Paddle League, 6 pm	22	23 Paddle Fused Fitness with Mia, 8:30 am
24 Paddle Fused Fitness with Rachel SUP 101 Group Lesson?	25	26 Youth 8-12 SUP, 10:30 SUP Paddle League, 6 pm	27 Stand and Paddle Practice	28 Youth 6-7 SUP, 9:30 Teen 13-16 SUP, 11:30	29	30 Paddle Fused Fitness with Mia, 8:30 am SUP 101 Group Lesson Stand and Paddle Practice
31 Paddle and Pose with Move Fitness Paddle Fused Fitness with Rachel	1	2 Sandbar Sunrise Guided Paddle? Youth 8-12 SUP, 10:30	3 SUP 101 Group Lesson Stand and Paddle Practice	4 Youth 6-7 SUP, 9:30 Teen 13-16 SUP, 11:30 SUP Paddle League, 6 pm	5 Sandbar Sunset Guided Paddle?	6 Paddle Fused Fitness with Mia?? SUP 101 Group Lesson Stand and Paddle Practice?

Pricing, details, booking links found at our website [www.StandandPaddle.com](http://www.StandandPaddle.com), FB/IG pages @Stand\_and\_Paddle or @PaddleFusedFitness, Meetups, Bluffton-HHI Chamber, or Google. Private bookings and questions contact Rachel at [PaddleFusedFitness@gmail.com](mailto:PaddleFusedFitness@gmail.com) or 630-300-8289.