


















# July 2019

	<p>1 6:30 pm Beginner Paddle Night</p> 	<p>2 6:30 pm Paddle With Your Dog Night</p>	<p>3 6:30 pm SUP Fitness : Endurance</p> 	<p>4 6 pm SUP Yoga 6:30 pm Beginner Paddle Night</p> 	<p>5 5 pm Date Night</p> 	<p>6 9 am SUP Yoga 6 pm Single Mingle Night</p>
7	<p>8 6:30 pm Beginner Paddle Night</p> 	<p>9 6 pm SUP Yoga 6:30 pm Paddle With Your Dog Night</p>	<p>10 6:30 pm SUP Meditation</p> 	<p>11 6:30 pm Beginner Paddle Night</p> 	<p>12 5 pm Date Night</p> 	<p>13 9 am SUP Yoga 6:30 pm - Paddle in Honour of Rob Night</p>
14	<p>15 6:30 pm Beginner Paddle Night</p> 	<p>16 6 pm SUP Yoga 6:30 pm Paddle with your Dog Night</p>	<p>17 6:30 pm SUP Fitness : Endurance</p> 	<p>18 6:30 pm Beginner Paddle Night</p> 	<p>19 5 pm Date Night</p> 	<p>20 9 am SUP Yoga 6 pm Single Mingle Night</p>
21	<p>22 6:30 pm Beginner Paddle Night</p> 	<p>23 6 pm SUP Yoga 6:30 pm Paddle with your Dog Night</p>	<p>24 6:30 pm SUP Meditation</p> 	<p>25 6:30 pm Beginner Paddle Night</p> 	<p>26 5 pm Date Night</p> 	<p>9 am SUP Yoga 6 pm Single Mingle Night</p>
28	<p>29 6:30 pm Beginner Paddle Night</p> 	<p>30 6 pm SUP Yoga 6:30 pm Paddle with your Dog Night</p>	<p>31 6:30 pm SUP Fitness :</p> 