



WOODLAKE

FITNESS | 2022

LABOR DAY HOURS
8:00 AM - 6:00 PM

Mondays - PM

Basic SUP with Anna

September 12 @ 6:00 pm

September 19 @ 6:00 pm

September 26 @ 6:00 pm

Fridays - AM

Sunrise

Experienced SUP with Anna

September 2 @ 5:30 am

September 9 @ 5:30 am

September 16 @ 5:30 am

September 23 @ 5:30 am

September 30 @ 5:30 am

Stand Up Paddle Board Classes

September Schedule