

# FLOATANDFLOWVA SUP GROUP FITNESS SCHEDULE

All events are Weather Dependent. The weather report is provided prior to events and be prepared to reschedule if necessary for high winds or heavy rains.

Day	Time	Class
Monday	5:30 – 7:00 PM	SUP Sprint
Tuesday	5:30-7:00 PM	Beginner SUP Yoga
Wednesday	5:30 – 7:00 PM	SUP Skills & Practice (Beginner/Intermediate)
Thursday	9-10:30 AM 5:30-7:00 PM	SUP Skills and Practice (Beginner/Intermediate) Multilevel SUP Yoga
Friday	9-10:30 AM 5:30- 7:00 PM	Multilevel SUP Yoga PaddleFit High Intensity Interval Training (HIIT)
Saturday	7:00- 8:30 AM 9:00-10:30 AM 10:45-12:00 PM 5-6:30 PM 6:45-8 PM	SUP Sprint Multilevel SUP Yoga SUP Skills & Practice (Beginner/Intermediate) Multilevel SUP Yoga Sunset Paddle
Sunday	8:30 – 10 AM 10:15 – 11:45 5:00-6:30 PM 6:45 – 8:00 PM	Beginner SUP Yoga PaddleFit Technique Beginner SUP Yoga Sunset Paddle

Contact Us For Special Events

Bachelorette, Ladies Night Out (LNO), SUP Social

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