

Paddle 2 Fitness SET Weekly Squad Sessions

ALL other times available for 1 on 1 sessions

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------|--------|--|--|--|--|----------|--------|
| AM 5am - 10am | | Breakfast Creek, Brisbane 5:15am - 6:30am intermediate - elite squad 6:30am - 7:30am developing squad 8:00am - 9:30am 1 on 1 session | Miami SLSC, Gold Coast 5:15am - 6:30am SLSA surf ski squad Various Locations 8:30am - 9:30am 1 on 1 or developing squad | Breakfast Creek, Brisbane 5:15am - 6:30am intermediate - elite 6:30am - 7:30am developing 8:00am - 9:30am 1 on 1 session | Winders Park, Currumbin 5:00am - 6:15am intermediate - elite squad | | |
| Lunchtime 10am - 2pm | | | | | | | |
| PM 2pm - 6pm | | Miami SLSC, Gold Coast 2:00pm - 3:00pm 1 on 1 session 3:30pm - 4:30pm 1 on 1 session 5:00pm - 6:00pm 1 on 1 session | | | | | |