<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30am Studio Yoga</td>
<td>8:30am Studio Yoga</td>
<td>8:30am Studio Yoga</td>
<td>8:30am Studio Yoga</td>
<td>8:30am Studio Yoga</td>
<td>7:30am Rise and Shine Stretch at The Tides Beach Club</td>
<td>9:30am Studio Yoga</td>
</tr>
<tr>
<td>All Day Happy Hour at The Tides Beach Club</td>
<td>All Day Happy Hour at The Tides Beach Club</td>
<td>All Day Happy Hour at The Tides Beach Club</td>
<td>All Day Happy Hour at The Tides Beach Club</td>
<td>All Day Happy Hour at The Tides Beach Club</td>
<td>All Day Happy Hour at The Tides Beach Club</td>
<td>All Day Happy Hour at The Tides Beach Club</td>
</tr>
<tr>
<td>Low Tide: 6:37 am</td>
<td>Low Tide: 7:10 am</td>
<td>Low Tide: 7:36 am</td>
<td>Low Tide: 8:23 am</td>
<td>Low Tide: 9:11</td>
<td>Low Tide: 10:01 am</td>
<td>Low Tide: 10:55 am</td>
</tr>
<tr>
<td>** Advance Notice Required **</td>
<td>** Advance Notice Required **</td>
<td>** Advance Notice Required **</td>
<td>** Advance Notice Required **</td>
<td>** Advance Notice Required **</td>
<td>** Advance Notice Required **</td>
<td>** Advance Notice Required **</td>
</tr>
</tbody>
</table>

** Additional Information: **
- Sunrise: 5:59am
- Sunset: 7:26pm
- High Tide: 12:22am | 12:59am
- Low Tide: 6:37 am | 7:10 am
- Sunrise: 6:01am
- Sunset: 7:26pm
- High Tide: 12:59am | 1:26 pm
- Low Tide: 6:37 am | 6:46 pm
- Sunrise: 6:17am
- Sunset: 6:58pm
- High Tide: 1:28am | 1:52pm
- Low Tide: 7:10 am | 7:22pm
- Sunrise: 6:18am
- Sunset: 6:56 pm
- High Tide: 2:18am | 2:40pm
- Low Tide: 8:23 am | 8:52pm
- Sunrise: 6:19am
- Sunset: 6:54pm
- High Tide: 3:09am | 3:29pm
- Low Tide: 9:11 | 9:44pm
- Sunrise: 6:20am
- Sunset: 6:52pm
- High Tide: 4:02am | 4:20pm
- Low Tide: 10:01 am | 10:39 pm
- Sunrise: 6:22am
- Sunset: 6:50pm
- High Tide: 4:58am | 5:13pm
- Low Tide: 10:55 am | 11:38pm

** Sunlight and Tides Information:**
- Sunrise:
  - September 10th: 6:23am
  - September 11th: 6:24am
  - September 12th: 6:25am
  - September 13th: 6:26am
  - September 14th: 6:27am
  - September 15th: 6:28am
  - September 16th: 6:29am
  - September 17th: 6:23am
  - September 18th: 6:24am
  - September 19th: 6:25am
  - September 20th: 6:26am
  - September 21st: 6:27am
  - September 22nd: 6:28am
  - September 23rd: 6:29am
- Sunset:
  - September 10th: 6:49pm
  - September 11th: 6:49pm
  - September 12th: 6:49pm
  - September 13th: 6:49pm
  - September 14th: 6:49pm
  - September 15th: 6:49pm
  - September 16th: 6:49pm
  - September 17th: 6:49pm
  - September 18th: 6:49pm
  - September 19th: 6:49pm
  - September 20th: 6:49pm
  - September 21st: 6:49pm
  - September 22nd: 6:49pm
  - September 23rd: 6:49pm
- High Tide:
  - September 10th: 5:56am | 6:20 pm
  - September 11th: 5:57am | 6:09 pm
  - September 12th: 5:57am | 6:08 pm
  - September 13th: 5:57am | 6:06 pm
  - September 14th: 5:57am | 6:05 pm
  - September 15th: 5:57am | 6:04 pm
  - September 16th: 5:57am | 6:03 pm
  - September 17th: 5:57am | 6:02 pm
  - September 18th: 5:57am | 6:01 pm
  - September 19th: 5:57am | 6:00 pm
  - September 20th: 5:57am | 6:00 pm
  - September 21st: 5:57am | 6:00 pm
  - September 22nd: 5:57am | 6:00 pm
  - September 23rd: 5:57am | 6:00 pm
- Low Tide:
  - September 10th: 11:53 am | — —
  - September 11th: 12:41 am | 12:53 pm
  - September 12th: 12:41 am | 12:53 pm
  - September 13th: 12:41 am | 12:53 pm
  - September 14th: 12:41 am | 12:53 pm
  - September 15th: 12:41 am | 12:53 pm
  - September 16th: 12:41 am | 12:53 pm
  - September 17th: 12:41 am | 12:53 pm
  - September 18th: 12:41 am | 12:53 pm
  - September 19th: 12:41 am | 12:53 pm
  - September 20th: 12:41 am | 12:53 pm
  - September 21st: 12:41 am | 12:53 pm
  - September 22nd: 12:41 am | 12:53 pm
  - September 23rd: 12:41 am | 12:53 pm