

2026 AQUA FITNESS SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
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AM

8:30-9:25 Jane					

9:30-10:25 Sandy	9:00-10:00 Danya	9:00-10:00 Jane	9:00-10:00 Danya	9:00-10:00 Jane/Kim	

PM

5:00-5:45

Rotating
instructor or
Volunteer

6:45-7:30 Kim	7:00-7:45 pm Johannah	6:45-7:30 Johannah	
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Effective 1/5/2026
Must be 18+ years old to participate
Open to all levels beginner and up
ORCHARD HILLS
 ATHLETIC CLUB

