

FALL 2026 AQUA FITNESS SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
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AM

8:30-9:15 Jane						

9:20-10:05 Jane	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	6:45-7:30 Johannah	6:45-7:30 Johannah		



Effective 9/14/2026
Must be 18+ years old to participate
Open to all levels beginner and up

ORCHARD HILLS
ATHLETIC CLUB

