

AQUATIC FITNESS CALENDAR

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NO CLASS	2 8:00AM: WATER AEROBICS	3 11:00AM: HYDROFIT	4 11:00AM: AQUA TABATA	5
6	7	8 12:00PM: PADDLE PILATES	9 8:00AM: WATER AEROBICS	10 11:00AM: HYDROFIT	11 11:00AM: AQUA TABATA	12
13	14	15 12:00PM: PADDLE PILATES	16 NO CLASS	17 11:00AM: HYDROFIT	18 11:00AM: AQUA TABATA	19
20	21	22 12:00PM: PADDLE PILATES	23 NO CLASS	24 11:00AM: HYDROFIT	25 11:00AM: AQUA TABATA	26
27	28	29 12:00PM: PADDLE PILATES	30 NO CLASS			

INSTRUCTORS
PADDLE PILATES-
RANISA

WATER AEROBICS-
GWEN

HYDROFIT -
ASHLEY

AQUA TABATA-
ASHLEY

