

# Aqualink Box Hill

## Group Fitness Commences 6 October 2025

- ◆ Combined **Regular Members** plus **Fab Living Members**
- 🕒 **New time**
- ▼ **Walk-Coffee** - departs from cafe-foyer
- ★ **ACE (Aqualink Class Experience)** Limited time only.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqualink Box Hill Group Fitness Studio</b>						
<b>BODYPUMP</b> 6.10-6.55am <b>ZUMBA GOLD</b> 8.10-9.05am ◆ <b>BODYPUMP</b> 9.20-10.20am <b>LES MILLS TONE</b> 10.40-11.25am ◆ <b>ZUMBA</b> 12.00-12.55pm ◆ <b>BODYPUMP</b> 6.00-7.00pm <b>BODYATTACK</b> 7.10-8.10pm	<b>HIIT</b> 6.10-6.55am <b>FAB STRENGTH</b> 8.10-9.05am ◆ <b>ZUMBA</b> 9.20-10.15am ◆ <b>BODYPUMP</b> 10.40-11.40am <b>FAB STRENGTH</b> 12.00-12.55pm ◆ <b>LES MILLS TONE</b> 6.00-6.45pm <b>ZUMBA</b> 7.10-8.05pm <b>BODYPUMP</b> 8.20-9.05pm	<b>HIIT</b> 6.10-6.55am <b>LITE PACE</b> 8.10-9.05am ◆ <b>BODYPUMP</b> 9.20-10.20am <b>ZUMBA</b> 10.40-11.35am ◆ <b>BODYCOMBAT</b> 6.00-7.00pm <b>BODYPUMP</b> 7.10-8.10pm	<b>BODYPUMP</b> 6.10-6.55am <b>FAB STRENGTH</b> 7.45-8.40am ◆ <b>ZUMBA</b> 9.20-10.15am ◆ <b>BODYPUMP</b> 10.40-11.40am <b>BODYPUMP</b> 6.00-7.00pm <b>ZUMBA</b> 7.10-8.05pm	<b>HIIT</b> 6.10-6.55am <b>FAB STRENGTH PLUS</b> 8.10-9.05am ◆ <b>BODYPUMP</b> 9.20-10.20am <b>WALK-COFFEE</b> ▼ 9.30-10.25am ◆ <b>LES MILLS TONE</b> 10.40-11.25am ◆ <b>FAB STRENGTH</b> 12.00-12.55pm ◆ <b>ZUMBA</b> 6.30-7.25pm	<b>BODYCOMBAT</b> 8.15-9.15am <b>BODYPUMP</b> 9.25-10.25am <b>ZUMBA</b> 10.40-11.35am	<b>BODYPUMP</b> 8.15-9.15am <b>BODYCOMBAT</b> 9.25-10.25am <b>BODYPUMP</b> 4.15-5.15pm
<b>Aqualink Box Hill Fitness Studio</b>						
<b>ACE</b> ★ <b>LM STRENGTH DEVELOPMENT</b> <b>NEW</b> 6.15-7.00am <b>HIIT</b> 9.30-10.25am <b>FAB STRENGTH PLUS</b> 10.45-11.40am ◆ <b>HIIT</b> 5.15-6.10pm <b>HIIT</b> 6.25-7.20pm	<b>BOXING FITNESS</b> 9.30-10.25am <b>HIIT</b> 10.45-11.40am <b>HIIT</b> 6.25-7.20pm <b>ACE</b> ★ <b>BOXING FITNESS</b> <b>NEW</b> 7.30-8.25pm	<b>HIIT</b> 9.30-10.25am <b>ACE</b> ★ <b>LM STRENGTH DEVELOPMENT</b> <b>NEW</b> 10.45-11.30am <b>HIIT</b> 5.15-6.10pm <b>ACE</b> ★ <b>LM STRENGTH DEVELOPMENT</b> <b>NEW</b> 6.40-7.30pm	<b>HIIT</b> 9.30-10.25am <b>FAB STRENGTH PLUS</b> 10.45-11.40am ◆ <b>ACE</b> ★ <b>STRETCH EXPRESS</b> 12.00-12.30pm ◆ <b>HIIT</b> 6.25-7.20pm	<b>CORE EXPRESS</b> 8.30-9.00am <b>HIIT</b> 9.30-10.25am <b>ACE</b> ★ <b>LM STRENGTH DEVELOPMENT</b> <b>NEW</b> 10.45-11.30am <b>HIIT</b> 6.25-7.20pm	<b>BOXING FITNESS</b> 8.25-9.20am <b>HIIT</b> 9.30-10.25am <b>ACE</b> ★ <b>LM STRENGTH DEVELOPMENT</b> <b>NEW</b> 10.45-11.30am	<b>HIIT</b> 8.25-9.20am <b>BOXING FITNESS</b> 9.30-10.25am
<b>Aqualink Box Hill Wellness Studio</b>						
<b>YOGA FLOW</b> 9.25-10.20am ◆ <b>STRETCH &amp; STABILISE</b> 10.50-11.45am ◆ <b>YOGA RELEASE</b> 12.05-1.00pm ◆ <b>PILATES</b> 1.45-2.40pm ◆ <b>PILATES</b> 6.10-7.05pm <b>YOGA FLOW</b> 7.15-8.10pm	<b>PILATES</b> 9.25-10.20am ◆ <b>TAI CHI</b> 10.50-11.45am ◆ <b>STRETCH &amp; STABILISE</b> 12.05-1.00pm ◆ <b>GENTLE EXERCISE</b> 1.45-2.40pm ◆ <b>YOGA RELEASE</b> 6.10-7.05pm <b>LES MILLS SHAPES</b> 7.15-8.00pm <b>YOGA FLOW</b> 8.20-9.15pm	<b>YOGA FUSION</b> 6.15-7.00am <b>YOGA FUSION</b> 9.25-10.20am ◆ <b>PILATES</b> 10.50-11.45am ◆ <b>MEDITATION</b> 12.05-1.00pm ◆ <b>STRETCH &amp; STABILISE</b> 1.45-2.40pm ◆ <b>YOGA FUSION</b> 6.10-7.05pm <b>PILATES</b> 7.15-8.10pm <b>YOGA RELEASE</b> 8.20-9.15pm	<b>PILATES</b> 8.15-9.10am ◆ <b>TAI CHI</b> 9.25-10.20am ◆ <b>GENTLE EXERCISE</b> 10.50-11.45am ◆ <b>PILATES</b> 12.05-1.00pm ◆ <b>BODYBALANCE</b> 6.10-7.10pm <b>PILATES</b> 7.15-8.10pm <b>YOGA FUSION</b> 8.20-9.15pm	<b>ACE</b> ★ <b>LES MILLS SHAPES</b> 6.15-7.00am <b>STRETCH &amp; STABILISE</b> 8.15-9.10am ◆ <b>PILATES</b> 9.25-10.20am ◆ <b>YOGA RELEASE</b> 10.50-11.45am ◆ <b>LES MILLS SHAPES</b> 12.05-12.50pm <b>PILATES</b> 1.45-2.40pm ◆ <b>YOGA RELEASE</b> 6.10-7.05pm <b>ACE</b> ★ <b>STRETCH &amp; STABILISE</b> 7.15-8.10pm	<b>PILATES</b> 8.10-9.05am <b>YOGA FLOW</b> 9.15-10.10am <b>STRETCH &amp; STABILISE</b> 10.30-11.25am <b>YOGA FUSION</b> 11.35am-12.30pm <b>PILATES</b> ◆ 4.30-5.25pm	<b>YOGA FUSION</b> 8.10-9.05am <b>PILATES</b> 9.15-10.10am ◆ <b>STRETCH &amp; STABILISE</b> 10.30-11.25am ◆ <b>PILATES</b> 4.30-5.25pm ◆
<b>Aqualink Box Hill Cycle Studio For Virtual cycle classes visit <a href="http://aqualink.com.au">aqualink.com.au</a></b>						
<b>RPM</b> 6.30-7.15pm	<b>RPM</b> 6.15-7.00am	<b>CYCLE</b> 9.30-10.25am ◆	<b>RPM</b> 6.15-7.00am	<b>ACE</b> ★ <b>RPM</b> <b>NEW</b> 6.15-7.00am <b>RPM</b> 9.30-10.15am	<b>CYCLE</b> 8.20-9.15am ◆ <b>RPM</b> 9.30-10.15am	<b>CYCLE</b> 9.30-10.25am ◆
<b>Aqualink Box Hill Aqua</b> ◆ Access to all regular Group Fitness Members plus Fab Living Members						
<b>AQUA-ZUMBA</b> 8.00-8.45am ◆ <b>AQUA</b> 9.30-10.15am ◆ <b>DEEP WATER AQUA</b> 11.00-11.45am ◆ <b>WARM WATER AQUA</b> 12.30-1.15pm ◆ <b>WARM WATER AQUA</b> 1.30-2.15pm ◆ <b>AQUAFIT</b> 7.10-7.55pm ◆ <b>DEEP WATER AQUA</b> 8.05-8.50pm ◆	<b>AQUA</b> 8.00-8.45am ◆ <b>OUTDOOR AQUA</b> 9.30-10.15am ◆ <b>DEEP WATER AQUA</b> 11.00-11.45am ◆	<b>AQUA</b> 8.00-8.45am ◆ <b>DEEP WATER AQUA</b> 9.30-10.15am ◆ <b>WARM WATER AQUA</b> 11.00-11.45am ◆ <b>WARM WATER AQUA</b> 12.00-12.45pm ◆ <b>AQUA-ZUMBA</b> 7.35-8.20pm ◆	<b>AQUA</b> 9.30-10.15am ◆ <b>DEEP WATER AQUA</b> 11.00-11.45am ◆ <b>WARM WATER AQUA</b> 12.30-1.15pm ◆ <b>DEEP WATER AQUA</b> 8.05-8.50pm ◆	<b>AQUA</b> 8.00-8.45am ◆ <b>OUTDOOR AQUA</b> 9.30-10.15am ◆ <b>WARM WATER AQUA</b> 11.00-11.45am ◆ <b>WARM WATER AQUA</b> 12.00-12.45pm ◆	<b>DEEP WATER AQUA</b> 8.10-8.55am ◆ <b>DEEP WATER AQUA</b> 9.10-9.55am ◆	



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**Aqualink Box Hill**  
 Surrey Drive,  
 Box Hill VIC 3128  
 9843 2900

**Aqualink Nunawading**  
 Fraser Place,  
 Forest Hill VIC 3131  
 9878 4576

# Aqualink Nunawading Group Fitness Commences 6 October

- ◆ Combined Regular Members plus Fab Living Members
- 🕒 New time
- ▼ Walk-Coffee departs from reception-foyer
- ★ ACE (Aqualink Class Experience) Limited time only.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqualink Nunawading Studio 1</b>						
<b>LES MILLS CORE</b> 6.10-6.55am <b>FAB CIRCUIT</b> 8.05-9.00am ◆ <b>BODYPUMP</b> 9.15-10.15am <b>ZUMBA</b> 10.40-11.35am ◆ <b>FAB STRENGTH</b> 12.05-1.00pm ◆ <b>HIIT</b> 6.30-7.25pm <b>BODYPUMP</b> 7.40-8.40pm	<b>HIIT</b> 6.10-6.55am <b>FAB STRENGTH</b> 8.05-9.00am ◆ <b>CYCLE EXPRESS</b> ◆ 9.15-9.45am <b>CORE EXPRESS</b> 10.00-10.30am <b>STEP AEROBICS</b> 10.40-11.35am <b>BODYPUMP</b> 6.30-7.30pm <b>BODYSTEP</b> 7.40-8.40pm	<b>BODYSTEP</b> 6.10-6.55am <b>LITE PACE</b> 8.05-9.00am ◆ <b>GYMSTICK</b> 9.15-10.00am ◆ <b>WALK-COFFEE</b> ▼ 9.30-10.25am ◆ <b>BODYPUMP</b> 10.40-11.40am <b>FAB STRENGTH PLUS</b> 12.05-1.00pm ◆ <b>LES MILLS CORE</b> 5.50-6.20pm <b>BODYSTEP</b> 6.30-7.30pm <b>RPM</b> 7.40-8.25pm	<b>BODYPUMP</b> 6.10-6.55am <b>FAB CIRCUIT</b> 8.05-9.00am ◆ <b>CYCLE</b> 9.15-10.10am <b>LES MILLS TONE</b> 10.40-11.25am ◆ <b>ZUMBA GOLD</b> 12.05-1.00pm ◆ <b>ACE</b> ★ <b>LM STRENGTH DEVELOPMENT</b> NEW 5.30pm-6.15pm <b>BODYATTACK</b> 6.30-7.30pm <b>ZUMBA</b> 7.40-8.35pm	<b>SPRINT</b> 6.10-6.40am <b>FAB STRENGTH PLUS</b> 8.05-9.00am ◆ <b>BODYPUMP</b> 9.15-10.15am <b>FAB STRENGTH</b> 10.40-11.35am ◆ <b>ZUMBA GOLD</b> 12.05-1.00pm <b>BODYPUMP</b> 6.30-7.30pm	<b>LES MILLS TONE</b> 8.10-8.55am <b>CYCLE</b> 9.15-10.10am <b>BODYPUMP</b> 10.30-11.30am <b>BODYPUMP</b> 4.15-5.15pm	<b>CYCLE</b> 8.15-9.10am <b>BODYSTEP</b> 9.30-10.30am <b>BODYSTEP</b> 4.15-5.15pm
<b>Aqualink Nunawading Studio 2</b>						
<b>FAB PILATES</b> 9.20-10.15am ◆ <b>BODYBALANCE</b> 10.45-11.45am ◆ <b>STRETCH &amp; STABILISE</b> 12.00-12.55pm ◆ <b>MEDITATION MOMENT</b> 1.10-1.40pm ◆ <b>YOGA FUSION</b> 6.00-6.55pm <b>PILATES</b> 7.15-8.10pm	<b>STRETCH &amp; STABILISE</b> 7.00-7.55am ◆ <b>PILATES</b> 9.20-10.15am ◆ <b>YOGA FLOW</b> 10.45-11.40am ◆ <b>GENTLE EXERCISE</b> 12.00-12.55pm ◆ <b>STRETCH &amp; STABILISE</b> 6.00-6.55pm <b>BODYBALANCE</b> 7.15-8.15pm	<b>STRETCH &amp; STABILISE</b> 9.20-10.15am ◆ <b>PILATES</b> 10.45-11.40am ◆ <b>PILATES</b> NEW 6.25-7.20pm <b>ACE</b> ★ <b>LM STRENGTH DEVELOPMENT</b> NEW 7.40-8.25pm	<b>PILATES</b> 8.10-9.05am ◆ <b>STRETCH &amp; STABILISE</b> 9.20-10.15am ◆ <b>TAI CHI</b> 10.45-11.40am ◆ <b>YOGA FUSION</b> 6.00-6.55pm ◆	<b>YOGA RELEASE</b> 7.00-7.55am ◆ <b>BODYBALANCE</b> 9.20-10.20am ◆ <b>YOGA FUSION</b> 10.45-11.40am ◆ <b>PILATES</b> 12.00-12.55pm ◆ <b>PILATES</b> 6.00-6.55pm ◆	<b>PILATES</b> 8.15-9.10am ◆ <b>LES MILLS CORE</b> 9.30-10.15am <b>YOGA RELEASE</b> 10.45-11.40am <b>YOGA FLOW</b> ◆ 3.00-3.55pm	<b>HIIT</b> 8.15-9.10am <b>YOGA FLOW</b> 9.30-10.25am ◆ <b>ACE</b> ★ <b>LES MILLS SHAPES</b> 10.45-11.30am <b>BODYBALANCE</b> 5.30-6.30pm ◆
<b>Aqualink Nunawading Aqua</b> ◆ Access to all regular Group Fitness Members plus Fab Living Members						
<b>AQUA</b> 8.45-9.30am ◆ NEW <b>AQUAFIT</b> 10.40-11.25am ◆ <b>AQUA</b> 12.00-12.45pm ◆ <b>AQUAFIT</b> 6.30-7.15pm ◆ <b>DEEP WATER AQUA</b> 7.30-8.15pm ◆	<b>AQUA</b> 8.15-9.00am ◆ <b>DEEP WATER AQUA</b> 9.30-10.15am ◆ <b>DEEP WATER AQUA</b> 6.30-7.15pm ◆	<b>AQUA</b> 8.15-9.00am ◆ <b>AQUAFIT</b> 9.30-10.15am ◆ <b>AQUAFIT</b> 7.00-7.45pm ◆	<b>AQUA</b> 8.45-9.30am ◆ <b>AQUA</b> 10.40-11.25am ◆	<b>AQUA</b> 8.15-9.00am ◆ <b>AQUA</b> 9.30-10.15am ◆ <b>AQUA-ZUMBA</b> 10.40-11.25am ◆		<b>AQUA</b> 9.00-9.45am ◆ <b>AQUA</b> 10.00-10.45am ◆

To book your class and descriptions, visit [aqualink.com.au](http://aqualink.com.au)



- As a condition of entry to all Group Fitness classes, participants must book through the Aqualink Client Portal or reception as class limits apply.
- Please arrive at least 5 minutes prior to the class start time. Participants will not be admitted into group fitness classes after the class has commenced.
- If you are unable to attend, please cancel your booking through the Aqualink Client Portal or reception at least 2 hours prior so those on the waiting list can be notified.
- Participants must bring a mat, towel and water bottle to every class. Please bring a blanket for Yoga, Meditation, BodyBalance and Pilates.
- Please refer to the Aqualink Client Portal for most up to date class information. Classes may change without notice.
- Place your personal belongings and bags in a locker or in-studio pigeon holes.
- Walk-Coffee classes are available to all Aqualink members and casuals. Please meet at reception.
- For outdoor classes we recommend that you are sun smart and wear a hat, sunglasses and sunscreen. Outdoor classes may be cancelled in extreme weather conditions.
- Aqua participants must collect a wrist band from reception prior to each aqua class, to gain entry into the class.
- Boxing Fitness classes participants must bring their own wraps/innerns.
- Participants must be at least high school age to attend all group fitness classes.



👉 [aqualink.com.au](http://aqualink.com.au)  
 📍 Find us on Facebook

**Aqualink Box Hill**  
 📍 Surrey Drive,  
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 ☎ 9843 2900

**Aqualink Nunawading**  
 📍 Fraser Place,  
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 ☎ 9878 4576