

AFL Grand Final Public Holiday

Friday 25 September 2026
Group Fitness timetable

• Aqualink Box Hill

Group Fitness Studio

- ⌚ 8.10am Fab Strength Plus ♦
- 9.15am BodyPump
- 10.30am Les Mills Tone ♦
- 12.00pm Fab Strength ♦
- 6.30pm Zumba

Fitness Studio

- 8.30am Core Express
- 9.30am HIIT
- 10.45am Strength Development
- 6.15pm HIIT

Wellness Studio

- 8.15am Stretch & Stabilise ♦
- 9.30am Pilates - Mat ♦
- 10.45am Yoga Release ♦
- 12.00pm Les Mills Shapes
- 1.45pm Pilates ♦
- 6.10pm Yoga Release

Aqua

- ⌚ 8.10am Aqua ♦
- 9.30am Outdoor Aqua ♦
- 11.00am Warm Water Aqua ♦
- 12.00pm Warm Water Aqua ♦

Cycle Studio

- 9.30am RPM

Reformer Pilates

- 9.15am Power Moves
- 10.15am Essentials
- 12.15pm Foundation
- ⌚ 6.00pm Essentials
- ⌚ 7.00pm Essentials

Walk Coffee ♦

- 9.30am

• Aqualink Nunawading

Studio 1

- ⌚ 8.10am Fab Strength Plus ♦
- 9.15am BodyPump
- 10.30am Fab Strength ♦
- 12.00pm Zumba Gold ♦
- 6.15pm BodyPump

Studio 2

- 9.30am BodyBalance ♦
- 10.45am Yoga Fusion ♦
- 12.00pm Pilates - Mat ♦
- 6.00pm Pilates - Mat

Aqua

- 8.15am Aqua ♦
- 9.30am Aqua ♦
- 10.30am Aqua Zumba ♦

• Centre opening hours 8.00am - 8.00pm

▶ Visit aqualink.com.au

♦ Combined Regular Members
plus Fab Living Members

⌚ Change to regular scheduled
start time