

AFL Grand Final Public Holiday

Friday 27 September 2024
Group Fitness timetable

• Aqualink Box Hill

Group Fitness Studio

8.10am	Lite Pace ♦
9.20am	BodyPump
10.40am	Les Mills Tone ♦
12.00pm	Fab Strength ♦
6.30pm	Zumba

Fitness Studio

8.10am	Fab Strength Plus ♦ ②
9.30am	HIIT
6.25pm	HIIT

Wellness Studio

8.20am	Stretch & Stabilise ♦
9.25am	Pilates ♦
10.50am	Yoga Release ♦
1.45pm	Pilates ♦
6.10pm	Yoga Release

Aqua

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

Cycle Studio

9.35am	RPM
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• Aqualink Nunawading

Studio 1

8.10am	Fab Strength Plus ♦ ②
9.15am	BodyPump
10.40am	Fab Strength ♦
12.05pm	Zumba Gold ♦
6.30pm	BodyPump

Studio 2

9.20am	BodyBalance ♦
10.45am	Yoga Fusion ♦
12.00am	Pilates ♦

Aqua

8.15am	Aqua ♦
9.30am	Aqua ♦

▶ Visit aqualink.com.au

• **Centre opening hours**
8.00am - 8.00pm

For virtual classes refer to our website

- ♦ Combined Regular Members plus Fab Living Members
- ② Change to regular scheduled start time

