

Cup Day Group Fitness

Tuesday 5 November 2024
Group Fitness timetable

• Aqualink Box Hill

Group Fitness Studio

8.10am	Fab Strength ♦
9.20am	Zumba ♦
10.40am	BodyPump
12.00pm	Fab Strength ♦
6.00pm	Les Mills Tone

Fitness Studio

9.30am	Boxing Fitness
10.45am	HIIT
6.25pm	HIIT

Wellness Studio

9.25am	Pilates ♦
10.50am	Tai Chi ♦
12.05pm	Stretch & Stabilise ♦
6.10pm	Yoga Release

Aqua

8.10am	Aqua ♦ ②
9.30am	Outdoor Aqua ♦
11.00am	Deep Water Aqua ♦

Cycle Studio

9.35am	RPM
5.30pm	Cycle

For virtual cycle classes refer to our website

♦ Combined **Regular Members**
plus **Fab Living Members**

② **Change to regular scheduled
start time**

• Aqualink Nunawading

Studio 1

8.10am	Fab Strength ♦ ②
9.15am	Cycle Express
9.55am	Les Mills Core
10.40am	ACE - BodyCombat
12.05pm	Lite Pace ♦
6.30pm	BodyPump

Studio 2

9.20am	Pilates ♦
10.45am	Yoga Flow ♦
6.25pm	Stretch & Stabilise

Aqua

8.15am	Aqua ♦
9.30am	Deep Water Aqua ♦
6.30pm	Deep Water ♦

▶ Visit aqualink.com.au

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

