

# King's Birthday Group Fitness

Monday 9 June, 2025  
Group Fitness timetable

## • Aqualink Box Hill

### Group Fitness Studio

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

### Fitness Studio

9.30am	HIIT
10.45am	Boxing Fitness
5.15pm	HIIT
6.25pm	HIIT

### Wellness Studio

9.25am	Yoga Flow ♦
10.50am	Stretch & Stabilise ♦
12.05pm	Yoga Release ♦
1.10pm	Meditation Moment ♦
1.45pm	Pilates ♦
6.10pm	Pilates

### Aqua

8.10am	Aqua Zumba ♦ ①
9.30am	Aqua ♦
11.00am	Deep Water Aqua ♦
12.30pm	Warm Water Aqua ♦
1.30pm	Warm Water Aqua ♦

### Cycle Studio

6.30pm	RPM
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## • Aqualink Nunawading

### Studio 1

8.05am	Fab Circuit ♦
9.15am	BodyPump
10.40am	Zumba ♦
12.05pm	Fab Strength ♦
6.30pm	HIIT

### Studio 2

8.10am	Stretch & Stabilise ♦
9.20am	Fab Pilates ♦
10.45am	BodyBalance ♦
12.00pm	Stretch & Stabilise ♦
1.10pm	Meditation Moment ♦
6.00pm	Yoga Fusion

### Aqua

10.40am	AquaFit ♦
12.00pm	Aqua ♦
6.30pm	AquaFit ♦

▶ Visit [aqualink.com.au](https://aqualink.com.au)

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

♦ Combined Regular Members plus Fab Living Members

① Change to regular scheduled start time

