

Labour Day Group Fitness

Monday 10 March, 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
6.25pm	HIIT

Wellness Studio

9.25am	Yoga Flow ♦
10.50am	Stretch & Stabilise ♦
12:05pm	Yoga Release ♦
1.45pm	Pilates ♦
6.10pm	Pilates

Aqua

8.10am	Aqua ♦ ②
9.30am	Aqua ♦
11.00am	Deep Water Aqua ♦
12.30pm	Warm Water Aqua ♦
1.30pm	Warm Water Aqua ♦

Cycle Studio

9.35am	Sprint
6.30pm	RPM

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

• Aqualink Nunawading

Studio 1

8.10am	Fab Circuit ♦ ②
9.15am	BodyPump
10.40am	Zumba ♦
12.05pm	Fab Strength ♦
6.30pm	HIIT

Studio 2

9.20am	Fab Pilates ♦
10.45am	BodyBalance ♦
12.00am	Stretch & Stabilise ♦
6.00pm	Yoga Fusion

Aqua

8.45am	Aqua ♦
10.40am	Aqua ♦
12.00pm	Aqua ♦
6.30pm	AquaFit ♦

▶ Visit aqualink.com.au

• Centre opening hours
8.00am - 8.00pm

