

Labour Day Timetable

Group Fitness Classes Monday 9 March, 2026

• Aqualink Box Hill

Group Fitness Studio

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

Fitness Studio

9.30am	HIIT
10.45am	Fab Strength Plus ♦
5.15pm	Boxing Fitness
6.30pm	HIIT

Wellness Studio

8.15am	Zumba Gold ♦
9.25am	Yoga Flow ♦
10.50am	Stretch & Stabilise ♦
12.05pm	Yoga Release ♦
1.45pm	Pilates - Mat ♦
6.10pm	Pilates - Mat

Aqua

⌚ 8.10am	Aqua Zumba ♦
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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* Reformer Pilates

8.15am	Foundation
9.15am	Essentials
10.15am	Foundation
12.15pm	Essentials
⌚ 5.00pm	Foundation
⌚ 6.00pm	Essentials
⌚ 7.00pm	Foundation

• Aqualink Nunawading

Studio 1

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

Studio 2

9.20am	Pilates - Mat ♦
10.45am	Les Mills Thrive ♦
12.00pm	Stretch & Stabilise ♦
1.10pm	Meditation ♦
6.00pm	Yoga Fusion

Aqua

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

♦ Fab Living Members & Regular Members (combined)

⌚ Change to regular scheduled start time

* Total Fitness Plus Members only

▶ Visit aqualink.com.au

• Centre opening hours
8.00am - 8.00pm