

Aqualink Box Hill

Group Fitness Updated 12 October, 2026

- ◆ Combined Regular Members plus Fab Living Members
- 🕒 New time
- ▼ Walk-Coffee & Run Club - Outdoor classes - departs from cafe-foyer
- ★ ACE (Aqualink Class Experience) Limited time only.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqualink Box Hill Group Fitness Studio						
BODYPUMP 6.00-6.45am BODYPUMP 9.15-10.15am LM TONE 10.30-11.15am ◆ ZUMBA 12.00-12.55pm ◆ BODYPUMP 6.00-7.00pm BODYATTACK 7.15-8.15pm	HIIT 6.00-6.45am FAB STRENGTH 8.00-8.55am ◆ ZUMBA 9.15-10.10am ◆ BODYPUMP 10.30-11.30am FAB STRENGTH 12.00-12.55pm ◆ LM TONE 6.00-6.45pm ZUMBA 7.15-8.10pm BODYPUMP 8.30-9.15pm	HIIT 6.00-6.45am LITE PACE 8.00-8.55am ◆ BODYPUMP 9.15-10.15am ZUMBA 10.30-11.25am ◆ FUNCTIONAL FIT 12.00-12.45pm ◆ ★ BODYCOMBAT 6.00-7.00pm RUN CLUB 6.15-7.00pm ▼ NEW BODYPUMP 7.15-8.15pm	BODYPUMP 6.00-6.45am FAB STRENGTH 7.45-8.40am ◆ ZUMBA 9.15-10.10am ◆ BODYPUMP 10.30-11.30am ZUMBA GOLD 12.00-12.55pm ◆ BODYPUMP 6.00-7.00pm ZUMBA 7.15-8.10pm	HIIT 6.00-6.45am FAB STRENGTH PLUS 8.00-8.55am ◆ BODYPUMP 9.15-10.15am WALK-COFFEE 9.30-10.25am ◆ ▼ LM TONE 10.30-11.15am ◆ FAB STRENGTH 12.00-12.55pm ◆ ZUMBA 6.30-7.25pm	BODYCOMBAT 8.00-9.00am BODYPUMP 9.15-10.15am ZUMBA 10.45-11.40am	BODYPUMP 8.00-9.00am BODYSTEP 9.15-10.15am BODYPUMP 4.15-5.15pm
Aqualink Box Hill Fitness Studio						
LM STRENGTH DEVELOPMENT 6.15-7.00am CORE EXPRESS 8.00-8.30am ★ HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ◆ BOXING FITNESS 5.30-6.25pm HIIT 6.45-7.40pm	BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.15-7.10pm BOXING FITNESS 7.30-8.25pm	HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am LM STRENGTH DEVELOPMENT 6.45-7.30pm	HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ◆ STRETCH EXPRESS 12.00-12.30pm ◆ HIIT 6.15-7.10pm	CORE EXPRESS 8.30-9.00am HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am HIIT 6.15-7.10pm	HIIT 6.30-7.25am BOXING FITNESS 7.45-8.40am HIIT 9.00-9.55am LM STRENGTH DEVELOPMENT 10.15-11.00am	HIIT 8.15-9.10am BOXING FITNESS 9.30-10.25am
Aqualink Box Hill Wellness Studio						
ZUMBA GOLD 8.15-9.10am ◆ YOGA FLOW 9.30-10.25am ◆ STRETCH & STABILISE 10.45-11.40am ◆ YOGA RELEASE 12.00-12.55pm ◆ PILATES - MAT 1.45-2.40pm ◆ PILATES - MAT 6.10-7.05pm YOGA FLOW 7.15-8.10pm MEDITATION 8.20-9.05pm ◆ NEW	FUNCTIONAL FIT 8.15-9.00am ◆ NEW PILATES - MAT 9.30-10.25am ◆ TAI CHI 10.45-11.40am ◆ STRETCH & STABILISE 12.00-12.55pm ◆ GENTLE EXERCISE 1.45-2.40pm ◆ YOGA RELEASE 6.10-7.05pm YOGA FLOW 7.15-8.00pm YOGA FLOW 8.20-9.15pm	YOGA FUSION 6.15-7.00am YOGA - CHAIR 8.15-9.10am ◆ YOGA FUSION 9.30-10.25am ◆ PILATES - MAT 10.45-11.40am ◆ MEDITATION 12.00-12.55pm ◆ STRETCH & STABILISE 1.45-2.40pm ◆ YOGA FUSION 6.10-7.05pm PILATES - MAT 7.15-8.10pm YOGA RELEASE 8.20-9.15pm	PILATES - MAT 8.15-9.10am ◆ TAI CHI 9.30-10.25am ◆ GENTLE EXERCISE 10.45-11.40am ◆ PILATES - MAT 12.00-12.55pm ◆ YOGA FLOW 6.10-7.05pm PILATES - MAT 7.15-8.10pm YOGA FUSION 8.20-9.15pm	LM SHAPES 6.15-7.00am STRETCH & STABILISE 8.15-9.10am ◆ PILATES MAT 9.30-10.25am ◆ YOGA RELEASE 10.45-11.40am ◆ LM SHAPES 12.00-12.45pm PILATES - MAT 1.45-2.40pm ◆ YOGA RELEASE 6.10-7.05pm STRETCH & STABILISE 7.15-8.10pm	PILATES - MAT 7.45-8.40am YOGA FLOW 9.00-9.55am STRETCH & STABILISE 10.15-11.10am YOGA FUSION 11.30am-12.25pm PILATES - MAT 4.30-5.25pm ◆	YOGA FUSION 8.00-8.55am PILATES - MAT 9.15-10.10am ◆ STRETCH & STABILISE 10.30-11.25am ◆ PILATES - MAT 4.30-5.25pm ◆
Aqualink Box Hill Cycle Studio For Virtual cycle classes visit aqualink.com.au						
RPM 6.30-7.15pm	RPM 6.15-7.00am	CYCLE 9.30-10.25am ◆	RPM 6.15-7.00am	RPM 6.15-7.00am RPM 9.30-10.15am	CYCLE 8.15-9.10am ◆ RPM 9.30-10.15am	CYCLE 9.15-10.10am ◆
Aqualink Box Hill Aqua Access to all regular Group Fitness Members plus Fab Living Members						
AQUA-ZUMBA 8.00-8.45am ◆ AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.30-1.15pm ◆ WARM WATER AQUA 1.30-2.15pm ◆ AQUAFIT 7.10-7.55pm ◆ DEEP WATER AQUA 8.05-8.50pm ◆	AQUA 8.00-8.45am ◆ OUTDOOR AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆	AQUA 8.00-8.45am ◆ DEEP WATER AQUA 9.30-10.15am ◆ WARM WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.00-12.45pm ◆	AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.30-1.15pm ◆ DEEP WATER AQUA 8.05-8.50pm ◆	AQUA 8.00-8.45am ◆ OUTDOOR AQUA 9.30-10.15am ◆ WARM WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.00-12.45pm ◆	DEEP WATER AQUA 8.10-8.55am ◆ DEEP WATER AQUA 9.10-9.55am ◆	



Find us on Facebook
aqualink.com.au

Aqualink Box Hill
 Surrey Drive,
 Box Hill VIC 3128
 9843 2900

Aqualink Nunawading
 Fraser Place,
 Forest Hill VIC 3131
 9878 4576

Aqualink Nunawading Group Fitness

Updated 12 October, 2026

◆ Combined Regular Members plus Fab Living Members
 ⌚ New time
 ▼ Walk-Coffee - Outdoor class - departs from reception-foyer
 ★ ACE (Aqualink Class Experience) Limited time only.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqualink Nunawading Studio 1						
LM TONE 6.00-6.45am ★ NEW FAB CIRCUIT 8.00-8.55am ◆ BODYPUMP 9.15-10.15am ZUMBA 10.30-11.25am ◆ FAB STRENGTH 12.00-12.55pm ◆ HIIT 6.30-7.25pm BODYPUMP 7.40-8.40pm	HIIT 6.00-6.45am FAB STRENGTH 8.00-8.55am ◆ CYCLE EXPRESS 9.15-9.45am ◆ CORE EXPRESS 10.00-10.30am STEP AEROBICS 10.45-11.40am BODYPUMP 6.30-7.30pm CYCLE 7.40-8.25pm	BODYSTEP 6.00-6.45am LITE PACE 8.00-8.55am ◆ FUNCTIONAL FIT 9.15-10.00am ◆ ★ WALK-COFFEE 9.30-10.25am ◆ ▼ BODYPUMP 10.30-11.30am FAB STRENGTH PLUS 12.00-12.55pm ◆ LM CORE 5.45-6.15pm BODYSTEP 6.30-7.30pm LM STRENGTH DEVELOPMENT 7.40-8.25pm	BODYPUMP 6.00-6.45am FAB CIRCUIT 8.00-8.55am ◆ CYCLE 9.15-10.10am ◆ LM TONE 10.30-11.15am ◆ ZUMBA GOLD 12.00-12.55pm ◆ LM STRENGTH DEVELOPMENT 5.30-6.15pm BODYATTACK 6.30-7.30pm ZUMBA 7.40-8.35pm	LM STRENGTH DEVELOPMENT 6.15-7.00am FAB STRENGTH PLUS 8.00-8.55am ◆ BODYPUMP 9.15-10.15am FAB STRENGTH 10.30-11.25am ◆ ZUMBA GOLD 12.00-12.55pm ◆ BODYPUMP 6.15-7.15pm	LM TONE 8.00-8.45am CYCLE 9.00-9.55am BODYPUMP 10.15-11.15am BODYPUMP 4.15-5.15pm	CYCLE 7.15-8.00am ◆ HIIT 8.15-9.10am BODYSTEP 9.30-10.30am BODYSTEP 4.15-5.15pm
Aqualink Nunawading Studio 2						
PILATES - MAT 9.30-10.25am ◆ LM THRIVE 10.45-11.30am ◆ ★ STRETCH & STABILISE 12.00-12.55pm ◆ MEDITATION MOMENT 1.15-1.45pm ◆ YOGA FUSION 6.00-6.55pm PILATES - MAT 7.15-8.10pm	PILATES STRETCH 7.00-7.50am ◆ PILATES - CHAIR 8.15-9.10am ◆ ★ PILATES - MAT 9.30-10.25am ◆ YOGA FLOW 10.45-11.40am ◆ GENTLE EXERCISE 12.00-12.55pm STRETCH & STABILISE 6.00-6.55pm BODYBALANCE 7.15-8.15pm	STRETCH & STABILISE 9.30-10.25am ◆ PILATES - MAT 10.45-11.40am ◆ YOGA - CHAIR 12.00-12.55pm ◆ ★ ZUMBA 5.30-6.15pm ★ PILATES - MAT 6.30-7.25pm LM SHAPES 7.35-8.20pm ★	PILATES - MAT 8.15-9.10am ◆ STRETCH & STABILISE 9.30-10.25am ◆ TAI CHI 11.00-11.55am ◆ LM THRIVE 12.15-1.00pm ◆ ★ YOGA FUSION 6.00-6.55pm ◆	YOGA RELEASE 7.00-7.50am ◆ BODYBALANCE 9.30-10.30am ◆ YOGA FUSION 10.45-11.40am ◆ PILATES - MAT 12.00-12.55pm ◆ PILATES - MAT 6.00-6.55pm ◆	PILATES - MAT 8.00-8.55am ◆ LM CORE (45) 9.15-10.00am YOGA RELEASE 10.15-11.10am ◆ YOGA SCULPT 3.00-3.55pm ◆	YOGA FLOW 9.00-9.55am ◆ PILATES STRETCH 10.15-11.10am ◆ ★ BODYBALANCE 5.30-6.30pm ◆
Aqualink Nunawading Aqua Access to all regular Group Fitness Members plus Fab Living Members						
AQUA 8.45-9.30am ◆ AQUAFIT 10.30-11.15am ◆ AQUA 12.00-12.45pm ◆ AQUAFIT 6.30-7.15pm ◆ DEEP WATER AQUA 7.30-8.15pm ◆	AQUA 8.15-9.00am ◆ DEEP WATER AQUA 9.30-10.15am ◆ DEEP WATER AQUA 6.30-7.15pm ◆	AQUA 8.15-9.00am ◆ AQUAFIT 9.30-10.15am ◆ AQUAFIT 7.00-7.45pm ◆	AQUA 8.45-9.30am ◆ AQUA 10.30-11.15am ◆	AQUA 8.15-9.00am ◆ AQUA 9.30-10.15am ◆ AQUAFIT 10.30-11.15am ◆	DEEP WATER AQUA 8.10-8.55am ◆	AQUA 8.45-9.30am ◆ AQUA 10.00-10.45am ◆

To book your class and descriptions, visit aqualink.com.au



- As a condition of entry to all Group Fitness classes, participants must book through the Aqualink Client Portal or reception as class limits apply.
- Please arrive at least 5 minutes prior to the class start time. Participants will not be admitted into group fitness classes after the class has commenced.
- If you are unable to attend, please cancel your booking through the Aqualink Client Portal or reception at least 2 hours prior so those on the waiting list can be notified.
- Participants must bring a mat, towel and water bottle to every class. Please bring a blanket for Yoga, Meditation, BodyBalance and Pilates.
- Please refer to the Aqualink Client Portal for most up to date class information. Classes may change without notice.
- Place your personal belongings and bags in a locker or in-studio pigeon holes.
- Walk-Coffee classes are available to all Aqualink members and casuals. Please meet at reception.
- For outdoor classes we recommend that you are sun smart and wear a hat, sunglasses and sunscreen. Outdoor classes may be cancelled in extreme weather conditions.
- Aqua participants must collect a wrist band from reception prior to each aqua class, to gain entry into the class.
- Boxing Fitness classes participants must bring their own wraps/innies.
- Participants must be at least high school age to attend all group fitness classes.



👉 aqualink.com.au
 📍 Find us on Facebook

Aqualink Box Hill
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