

Aqualink Box Hill

Group Fitness Effective from 15 June 2026

- ◊ Combined Regular Members plus Fab Living Members
- ⌚ New time
- ▼ Walk-Coffee & Run Club - 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 6.10-6.55am LITE PACE 8.10-9.05am ◊ BODYPUMP 9.20-10.20am LM TONE 10.40-11.25am ◊ ZUMBA 12.00-12.55pm ◊ BODYPUMP 6.00-7.00pm BODYATTACK 7.10-8.10pm	HIIT 6.10-6.55am FAB STRENGTH 8.10-9.05am ◊ ZUMBA 9.20-10.15am ◊ BODYPUMP 10.40-11.40am FAB STRENGTH 12.00-12.55pm ◊ LM TONE 6.00-6.45pm ZUMBA 7.10-8.05pm BODYPUMP 8.20-9.05pm	HIIT 6.10-6.55am LITE PACE 8.10-9.05am ◊ BODYPUMP 9.20-10.20am ZUMBA 10.40-11.35am ◊ LM THRIVE 12.00-12.45pm ◊ BODYCOMBAT 6.00-7.00pm RUN CLUB ▼ 6.15-7.00pm BODYPUMP 7.10-8.10pm	BODYPUMP 6.10-6.55am FAB STRENGTH 7.45-8.40am ◊ ZUMBA 9.20-10.15am ◊ BODYPUMP 10.40-11.40am ZUMBA GOLD ◊ 12.00-12.55pm ◊ BODYPUMP 6.00-7.00pm ZUMBA 7.10-8.05pm	HIIT 6.10-6.55am FAB STRENGTH PLUS 8.10-9.05am ◊ BODYPUMP 9.20-10.20am WALK-COFFEE ▼ 9.30-10.25am ◊ LM TONE 10.40-11.25am ◊ FAB STRENGTH 12.00-12.55pm ◊ ZUMBA 6.30-7.25pm	BODYCOMBAT 8.15-9.15am BODYPUMP 9.25-10.25am ZUMBA 10.40-11.35am	BODYPUMP 8.15-9.15am BODYSTEP ◊ 9.25-10.25am BODYPUMP 4.15-5.15pm
Aqualink Box Hill Fitness Studio						
LM STRENGTH DEVELOPMENT 6.15-7.00am HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ◊ ACE ★ BOXING FITNESS 5.15-6.10pm HIIT 6.30-7.25pm	BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.30-7.25pm BOXING FITNESS 7.40-8.35pm	HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am LM STRENGTH DEVELOPMENT 6.40-7.25pm	HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ◊ STRETCH EXPRESS 12.00-12.30pm ◊ HIIT 6.30-7.25pm	CORE EXPRESS 8.30-9.00am HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am HIIT 6.30-7.25pm	BOXING FITNESS 8.25-9.20am HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am	HIIT 8.25-9.20am BOXING FITNESS 9.30-10.25am
Aqualink Box Hill Wellness Studio						
ZUMBA GOLD 8.15-9.10am ◊ YOGA FLOW 9.25-10.20am ◊ STRETCH & STABILISE 10.50-11.45am ◊ YOGA RELEASE 12.05-1.00pm ◊ PILATES - MAT 1.45-2.40pm ◊ PILATES - MAT 6.10-7.05pm YOGA FLOW 7.15-8.10pm MEDITATION ◊ 8.20-9.15pm	GENTLE EXERCISE 8.15-9.10am ◊ PILATES - MAT ◊ 9.25-10.20am ◊ TAI CHI 10.50-11.45am ◊ STRETCH & STABILISE 12.05-1.00pm ◊ GENTLE EXERCISE 1.45-2.40pm ◊ YOGA RELEASE 6.10-7.05pm LM SHAPES 7.15-8.00pm YOGA FLOW 8.20-9.15pm	YOGA FUSION 6.15-7.00am YOGA FUSION 9.25-10.20am ◊ PILATES - MAT 10.50-11.45am ◊ MEDITATION 12.05-1.00pm ◊ 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 9.25-10.20am ◊ GENTLE EXERCISE 10.50-11.45am ◊ PILATES MAT 12.05-1.00pm ◊ 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 9.25-10.20am ◊ YOGA RELEASE 10.50-11.45am ◊ LM SHAPES 12.05-12.50pm PILATES - MAT 1.45-2.40pm ◊ YOGA RELEASE 6.10-7.05pm STRETCH & STABILISE 7.15-8.10pm	PILATES - MAT 8.10-9.05am YOGA FLOW 9.15-10.10am STRETCH & STABILISE 10.30-11.25am YOGA FUSION 11.35am-12.30pm PILATES - MAT 4.30-5.25pm ◊	YOGA FUSION 8.10-9.05am 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	ACE ★ RPM 6.15-7.00am RPM 9.30-10.15am	CYCLE 8.20-9.15am ◊ RPM 9.30-10.15am	CYCLE 9.30-10.25am ◊
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 Effective from 15 June 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqualink Nunawading Studio 1						
YOGA SCULPT NEW 6.10-6.55am FAB CIRCUIT ◆ 8.05-9.00am BODYPUMP 9.15-10.15am ZUMBA ◆ 10.40-11.35am FAB STRENGTH ◆ 12.05-1.00pm HIIT 6.30-7.25pm BODYPUMP 7.40-8.40pm	HIIT 6.10-6.55am FAB STRENGTH ◆ 8.05-9.00am CYCLE EXPRESS ◆ 9.15-9.45am CORE EXPRESS 10.00-10.30am STEP AEROBICS 10.40-11.35am BODYPUMP 6.30-7.30pm RPM 7.40-8.25pm	BODYSTEP 6.10-6.55am LITE PACE ◆ 8.05-9.00am ACE ★ HIIT 9.15-10.10am WALK-COFFEE ▼ ◆ 9.30-10.25am BODYPUMP 10.40-11.40am FAB STRENGTH PLUS ◆ 12.05-1.00pm LM CORE 5.50-6.20pm BODYSTEP 6.30-7.30pm LM STRENGTH DEVELOPMENT 7.40-8.25pm	BODYPUMP 6.10-6.55am FAB CIRCUIT ◆ 8.05-9.00am CYCLE 9.15-10.10am LM TONE ◆ 10.40-11.25am ZUMBA GOLD ◆ 12.05-1.00pm LM STRENGTH DEVELOPMENT 5.30pm-6.15pm BODYATTACK 6.30-7.30pm ZUMBA 7.40-8.35pm	LM STRENGTH DEVELOPMENT 6.10-6.55am FAB STRENGTH PLUS ◆ 8.05-9.00am BODYPUMP 9.15-10.15am FAB STRENGTH ◆ 10.40-11.35am ZUMBA GOLD ◆ 12.05-1.00pm BODYPUMP 6.30-7.30pm	LM TONE 8.10-8.55am CYCLE 9.15-10.10am BODYPUMP 10.30-11.30am BODYPUMP 4.15-5.15pm	CYCLE ◆ 8.15-9.10am BODYSTEP 9.30-10.30am BODYSTEP 4.15-5.15pm
Aqualink Nunawading Studio 2						
PILATES - MAT ◆ 9.20-10.15am ACE ★ LM THRIVE ◆ 10.45-11.30am STRETCH & STABILISE ◆ 12.00-12.55pm MEDITATION MOMENT ◆ 1.10-1.40pm YOGA FUSION 6.00-6.55pm PILATES - MAT 7.15-8.10pm	PILATES STRETCH - MAT 7.00-7.55am ◆ PILATES - MAT ◆ 9.20-10.15am 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 9.20-10.15am ◆ PILATES - MAT ◆ 10.45-11.40am ACE ★ YOGA FUSION NEW 12.00-12.55pm PILATES - MAT 6.25-7.20pm ACE LM SHAPES 7.35-8.20pm	PILATES - MAT ◆ 8.10-9.05am STRETCH & STABILISE ◆ 9.20-10.15am TAI CHI ◆ 10.45-11.40am ACE ★ LM THRIVE ◆ 12.00-12.45pm YOGA FUSION 6.00-6.55pm	YOGA RELEASE ◆ 7.00-7.55am 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 ◆ 8.15-9.10am LM CORE 9.30-10.15am YOGA RELEASE 10.45-11.40am YOGA FLOW ◆ 3.00-3.55pm	HIIT 8.15-9.10am YOGA FLOW ◆ 9.30-10.25am ACE ★ LM SHAPES 10.45-11.30am 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 ◆ 10.40-11.25am 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 ◆ 10.40-11.25am	AQUA ◆ 8.15-9.00am AQUA ◆ 9.30-10.15am ACE ★ AQUAFIT NEW ◆ 10.40-11.25am	DEEP WATER AQUA NEW ◆ 8.10-8.55am	AQUA ◆ 9.00-9.45am 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/innerns.
- Participants must be at least high school age to attend all group fitness classes.



aqualink.com.au
 Find us on Facebook

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

Aqualink Nunawading
 Fraser Place,
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 9878 4576