

Aqualink Box Hill

Group Fitness Commencing 24 August, 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 6.00-6.45am 🕒 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 NEW 12.00-12.45pm ◆ ★ BODYCOMBAT 6.00-7.00pm RUN CLUB - INDOOR 6.15-7.00pm ▼ 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 NEW 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 NEW 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 MOMENT NEW 8.20-8.50pm ◆ 🕒	GENTLE EXERCISE 8.15-9.10am ◆ 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 LM SHAPES 7.15-8.00pm YOGA FLOW 8.20-9.15pm	YOGA FUSION 6.15-7.00am YOGA - CHAIR NEW 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 ◆	

**MORE Opportunities
NEW Programs
NEW times**



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

Commencing 24 August, 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						
FAB CIRCUIT 8.00-8.55am ◆ ⌚	HIIT 6.00-6.45am ⌚	BODYSTEP 6.00-6.45am ⌚	BODYPUMP 6.00-6.45am ⌚	LM STRENGTH DEVELOPMENT 6.15-7.00am ⌚	LM TONE 8.00-8.45am ⌚	CYCLE 7.15-8.00am ◆ ⌚
BODYPUMP 9.15-10.15am	FAB STRENGTH 8.00-8.55am ◆ ⌚	LITE PACE 8.00-8.55am ◆ ⌚	FAB CIRCUIT 8.00-8.55am ◆ ⌚	FAB STRENGTH PLUS 8.00-8.55am ◆ ⌚	CYCLE 9.00-9.55am ⌚	HIIT 8.15-9.10am ⌚
ZUMBA 10.30-11.25am ◆ ⌚	CYCLE EXPRESS 9.15-9.45am ◆	FUNCTIONAL FIT 9.15-10.00am ◆ ★	CYCLE 9.15-10.10am ◆	BODYPUMP 9.15-10.15am	BODYPUMP 10.15-11.15am ⌚	BODYSTEP 9.30-10.30am ⌚
FAB STRENGTH 12.00-12.55pm ◆ ⌚	CORE EXPRESS 10.00-10.30am	WALK-COFFEE 9.30-10.25am ◆ ▼	LM TONE 10.30-11.15am ◆ ⌚	FAB STRENGTH 10.30-11.25am ◆ ⌚	BODYPUMP 4.15-5.15pm	BODYSTEP 4.15-5.15pm
HIIT 6.30-7.25pm	STEP AEROBICS 10.45-11.40am ⌚	BODYPUMP 10.30-11.30am ⌚	ZUMBA GOLD 12.00-12.55pm ◆ ⌚	ZUMBA GOLD 12.00-12.55pm ◆ ⌚	MORE Opportunities NEW Programs NEW times	
BODYPUMP 7.40-8.40pm	BODYPUMP 6.30-7.30pm	FAB STRENGTH PLUS 12.00-12.55pm ◆ ⌚	LM STRENGTH DEVELOPMENT 5.30-6.15pm	BODYPUMP 6.15-7.15pm ⌚		
	CYCLE 7.40-8.25pm ★	LM CORE 5.45-6.15pm ⌚	BODYATTACK 6.30-7.30pm			
		BODYSTEP 6.30-7.30pm	ZUMBA 7.40-8.35pm			
		LM STRENGTH DEVELOPMENT 7.40-8.25pm				

Aqualink Nunawading Studio 2						
YOGA SCULPT ★ 6.15-7.00am ⌚	PILATES STRETCH 7.00-7.50am ◆ ⌚	STRETCH & STABILISE 9.30-10.25am ◆ ⌚	PILATES - MAT 8.15-9.10am ◆	YOGA RELEASE 7.00-7.50am ◆ ⌚	PILATES - MAT 8.00-8.55am ◆ ⌚	YOGA FLOW 9.00-9.55am ◆ ⌚
PILATES - MAT 9.30-10.25am ◆ ⌚	PILATES - CHAIR ★ 8.15-9.10am ◆	PILATES - MAT 10.45-11.40am ◆	STRETCH & STABILISE 9.30-10.25am ◆ ⌚	BODYBALANCE 9.30-10.30am ◆	LM CORE (45) 9.15-10.00am ⌚	PILATES STRETCH ★ 10.15-11.10am ◆
LM THRIVE 10.45-11.30am ◆ ★	PILATES - MAT 9.30-10.25am ◆ ⌚	YOGA - CHAIR ★ 12.00-12.55pm ◆	TAI CHI 11.00-11.55am ◆ ⌚	YOGA FUSION 10.45-11.40am ◆	YOGA RELEASE 10.15-11.10am ⌚	BODYBALANCE 5.30-6.30pm ◆
STRETCH & STABILISE 12.00-12.55pm ◆	YOGA FLOW 10.45-11.40am ◆	ZUMBA 5.30-6.15pm ★ ★	LM THRIVE 12.15-1.00pm ◆ ★ ⌚	PILATES - MAT 12.00-12.55pm ◆	YOGA SCULPT ★ 3.00-3.55pm ◆	
MEDITATION MOMENT 1.15-1.45pm ◆ ⌚	GENTLE EXERCISE 12.00-12.55pm	PILATES - MAT 6.30-7.25pm ⌚	YOGA FUSION 6.00-6.55pm ◆	PILATES - MAT 6.00-6.55pm ◆		
YOGA FUSION 6.00-6.55pm	STRETCH & STABILISE 6.00-6.55pm	LM SHAPES 7.35-8.20pm ★				
PILATES - MAT 7.15-8.10pm	BODYBALANCE 7.15-8.15pm					

Aqualink Nunawading Aqua Access to all regular Group Fitness Members plus Fab Living Members						
AQUA 8.45-9.30am ◆	AQUA 8.15-9.00am ◆	AQUA 8.15-9.00am ◆	AQUA 8.45-9.30am ◆	AQUA 8.15-9.00am ◆	DEEP WATER AQUA 8.10-8.55am ◆	AQUA 8.45-9.30am ◆ ⌚
AQUAFIT 10.30-11.15am ◆ ⌚	DEEP WATER AQUA 9.30-10.15am ◆	AQUAFIT 9.30-10.15am ◆	AQUA 10.30-11.15am ◆ ⌚	AQUA 9.30-10.15am ◆		AQUA 10.00-10.45am ◆
AQUA 12.00-12.45pm ◆	DEEP WATER AQUA 6.30-7.15pm ◆	AQUAFIT 7.00-7.45pm ◆		AQUAFIT 10.30-11.15am ◆ ⌚		
AQUAFIT 6.30-7.15pm ◆						
DEEP WATER AQUA 7.30-8.15pm ◆						

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
 📍 Surrey Drive,
 Box Hill VIC 3128
 ☎ 9843 2900

Aqualink Nunawading
 📍 Fraser Place,
 Forest Hill VIC 3131
 ☎ 9878 4576