

# Aqualink Box Hill Group Fitness

Effective 15 January 2024

◆ Combined Regular Members plus Fab Living Members  
⌚ New time

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  | Sunday   |
|---|---|--|---|---|---|--|
| <b>Aqualink Box Hill Group Fitness Studio</b>   |   |  |   |   |   |  |
| <b>BODYPUMP</b><br>6.10-6.55am<br><b>LITE PACE</b><br>8.10-9.05am ◆<br><b>BODYPUMP</b><br>9.20-10.15am<br><b>LES MILLS TONE</b><br>10.40-11.25am ◆<br><b>ZUMBA</b><br>12.00-12.55pm ◆<br><b>BODYPUMP</b><br>6.00-6.55pm<br><b>BODYATTACK</b><br>7.10-8.05pm<br><b>BODYCOMBAT</b><br>8.15-9.10pm | <b>HIIT</b><br>6.10-6.55am<br><b>FAB STRENGTH</b><br>8.10-9.05am ◆<br><b>ZUMBA</b><br>9.20-10.15am ◆<br><b>BODYPUMP</b><br>10.40-11.35am<br><b>FAB STRENGTH</b><br>12.00-12.55pm ◆<br><b>LES MILLS TONE</b><br>6.00-6.45pm<br><b>ZUMBA</b><br>7.10-8.05pm<br><b>BODYPUMP</b><br>8.15-9.10pm | <b>BODYATTACK</b><br>6.10-6.55am<br><b>LITE PACE</b><br>8.10-9.05am ◆<br><b>BODYPUMP</b><br>9.20-10.15am<br><b>ZUMBA</b><br>10.40-11.35am ◆<br><b>BODYCOMBAT</b><br>6.00-6.55pm<br><b>BODYPUMP</b><br>7.10-8.05pm<br><b>ZUMBA</b><br>8.15-9.10pm <b>NEW</b>                    | <b>BODYPUMP</b><br>6.10-6.55am<br><b>FAB STRENGTH</b><br>7.45-8.40am ◆<br><b>ZUMBA</b><br>9.20-10.15am ◆<br><b>BODYPUMP</b><br>10.40-11.35am<br><b>FAB STRENGTH</b><br>12.00-12.55pm ◆<br><b>BODYPUMP</b><br>6.00-6.55pm<br><b>ZUMBA</b><br>7.10-8.05pm | <b>HIIT</b><br>6.10-6.55am<br><b>ZUMBA GOLD</b><br>8.10-9.05am ◆<br><b>BODYPUMP</b><br>9.20-10.15am<br><b>LES MILLS TONE</b><br>10.40-11.25am ◆<br><b>FAB STRENGTH</b><br>12.00-12.55pm ◆<br><b>ZUMBA</b><br>6.00-6.55pm <b>NEW</b> | <b>BODYCOMBAT</b><br>8.20-9.15am<br><b>BODYPUMP</b><br>9.25-10.20am<br><b>ZUMBA</b><br>10.35-11.30am  | <b>BODYPUMP</b><br>8.20-9.15am<br><b>BODYCOMBAT</b><br>9.25-10.20am<br><b>BODYPUMP</b><br>4.15-5.10pm  |
| <b>Aqualink Box Hill Fitness Studio</b>   |   |  |   |   |   |  |
| <b>HIIT</b><br>9.30-10.25am<br><b>BOXING FITNESS</b><br>10.45-11.40am<br><b>HIIT</b><br>6.25-7.20pm<br><b>BOXING FITNESS</b><br>7.35-8.30pm   | <b>BOXING FITNESS</b><br>9.30-10.25am<br><b>HIIT</b><br>6.25-7.20pm   | <b>HIIT</b><br>9.30-10.25am<br><b>BOXING FITNESS</b><br>6.25-7.20pm  | <b>HIIT</b><br>9.30-10.25am <b>NEW</b><br><b>FAB STRENGTH PLUS</b><br>10.45-11.40am ◆<br><b>HIIT</b><br>6.25-7.20pm   | <b>FAB STRENGTH PLUS</b><br>8.05-9.00am ◆<br><b>HIIT</b><br>9.30-10.25am<br><b>BOXING FITNESS</b><br>6.25-7.20pm  | <b>BOXING FITNESS</b><br>8.25-9.20am<br><b>HIIT</b><br>9.30-10.25am   | <b>HIIT</b><br>8.25-9.20am<br><b>BOXING FITNESS</b><br>9.30-10.25am                                    |
| <b>Aqualink Box Hill Wellness Studio</b>  |   |  |   |   |   |  |
| <b>YOGA FLOW</b><br>9.25-10.20am ◆<br><b>STRETCH &amp; STABILISE</b><br>10.50-11.45am ◆<br><b>YOGA RELEASE</b><br>12.05-1.00pm ◆<br><b>PILATES</b><br>1.45-2.40pm ◆<br><b>PILATES</b><br>6.10-7.05pm<br><b>YOGA FLOW</b><br>7.15-8.10pm   | <b>PILATES</b><br>9.25-10.20am ◆<br><b>TAI CHI</b><br>10.50-11.45am ◆<br><b>STRETCH &amp; STABILISE</b><br>12.05-1.00pm ◆<br><b>GENTLE EXERCISE</b><br>1.45-2.40pm ◆<br><b>YOGA RELEASE</b><br>6.10-7.05pm<br><b>YOGA FLOW</b><br>8.20-9.15pm   | <b>YOGA FUSION</b><br>6.15-7.00am<br><b>YOGA FUSION</b><br>9.25-10.20am ◆<br><b>PILATES</b><br>10.50-11.45am ◆<br><b>MEDITATION</b><br>12.05-1.00pm ◆<br><b>STRETCH &amp; STABILISE</b><br>1.45-2.40pm ◆<br><b>YOGA FUSION</b><br>6.10-7.05pm<br><b>PILATES</b><br>7.15-8.10pm | <b>TAI CHI</b><br>9.25-10.20am ◆<br><b>GENTLE EXERCISE</b><br>10.50-11.45am ◆<br><b>PILATES</b><br>12.05-1.00pm ◆<br><b>PILATES</b><br>7.15-8.10pm<br><b>YOGA FUSION</b><br>8.20-9.15pm   | <b>STRETCH &amp; STABILISE</b><br>8.20-9.15am ◆<br><b>PILATES</b><br>9.25-10.20am ◆<br><b>YOGA RELEASE</b><br>10.50-11.45am ◆<br><b>PILATES</b><br>1.45-2.40pm ◆ <b>NEW</b><br><b>YOGA RELEASE</b><br>6.10-7.05pm                   | <b>PILATES</b><br>8.10-9.05am<br><b>YOGA FLOW</b><br>9.15-10.10am<br><b>YOGA FUSION</b><br>11.35am-12.30pm<br><b>PILATES</b><br>4.30-5.25pm ◆ | <b>YOGA FUSION</b><br>8.10-9.05am<br><b>PILATES</b><br>9.15-10.10am ◆<br><b>PILATES</b><br>4.30-5.25pm |
| <b>Aqualink Box Hill Cycle Studio</b> For Virtual cycle classes visit <a href="http://aqualink.com.au">aqualink.com.au</a>  |   |  |   |   |   |  |
| <b>RPM</b><br>9.35-10.20am<br><b>RPM</b><br>6.30-7.15pm   | <b>RPM</b><br>6.15-7.00am<br><b>CYCLE EXPRESS</b><br>5.15-5.45pm<br><b>CYCLE EXPRESS</b><br>6.00-6.30pm   | <b>CYCLE</b><br>9.35-10.30am<br><b>RPM</b><br>6.30-7.15pm  | <b>RPM</b><br>6.15-7.00am <b>NEW</b>  | <b>CYCLE</b><br>6.15-7.00am<br><b>RPM</b><br>9.35-10.20am   | <b>CYCLE</b><br>8.20-9.15am<br><b>RPM</b><br>9.35-10.20am   | <b>RPM</b><br>8.20-9.05am<br><b>CYCLE</b><br>9.35-10.30am  |
| <b>Aqualink Box Hill Aqua</b>   |   |  |   |   |   |  |
| <b>AQUA</b><br>9.30-10.15am ◆<br><b>DEEP WATER AQUA</b><br>11.00-11.45am ◆<br><b>WARM WATER AQUA</b><br>12.30-1.15pm ◆<br><b>AQUAFIT</b><br>7.00-7.45pm ◆<br><b>DEEP WATER AQUA</b><br>8.00-8.45pm ◆  | <b>AQUA</b><br>8.00-8.45am ◆<br><b>OUTDOOR AQUA</b><br>9.30-10.15am ◆<br><b>DEEP WATER AQUA</b><br>11.00-11.45am ◆  | <b>AQUA</b><br>8.00-8.45am ◆<br><b>DEEP WATER AQUA</b><br>9.30-10.15am ◆<br><b>WARM WATER AQUA</b><br>11.00-11.45am ◆<br><b>WARM WATER AQUA</b><br>12.00-12.45pm ◆<br><b>AQUAFIT</b><br>7.00-7.45pm ◆  | <b>AQUA</b><br>9.30-10.15am ◆<br><b>DEEP WATER AQUA</b><br>11.00-11.45am ◆<br><b>WARM WATER AQUA</b><br>12.30-1.15pm ◆ <b>NEW</b><br><b>AQUAFIT</b><br>8.00-8.45pm ◆  | <b>AQUA</b><br>8.00-8.45am ◆<br><b>OUTDOOR AQUA</b><br>9.30-10.15am ◆<br><b>WARM WATER AQUA</b><br>11.00-11.45am ◆<br><b>WARM WATER AQUA</b><br>12.00-12.45pm ◆   | <b>DEEP WATER AQUA</b><br>8.10-8.55am ◆<br><b>DEEP WATER AQUA</b><br>9.10-9.55am ◆  |  |



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**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 15 January 2024

◆ Combined Regular Members plus Fab Living Members  
 ⌚ New time

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   | Sunday  |
|--|--|---|---|---|--|---|
| <b>Aqualink Nunawading Studio 1</b>  |  |   |   |   |  |   |
| <b>LES MILLS CORE</b><br>6.10-6.55am<br><b>FAB CIRCUIT</b><br>8.00-8.55am ◆<br><b>BODYPUMP</b><br>9.15-10.10am<br><b>ZUMBA</b><br>10.40-11.35am ◆<br><b>FAB STRENGTH</b><br>12.05-1.00pm ◆<br><b>HIIT</b><br>6.30-7.25pm<br><b>BODYPUMP</b><br>7.35-8.30pm | <b>HIIT</b><br>6.10-6.55am<br><b>FAB STRENGTH</b><br>8.00-8.55am ◆<br><b>CYCLE</b><br>9.15-9.45am<br><b>CORE EXPRESS</b><br>9.55-10.25am<br><b>BODYPUMP</b><br>10.40-11.35am<br><b>LITE PACE</b><br>12.05-1.00pm ◆<br><b>BODYPUMP</b><br>6.30-7.25pm<br><b>BODYSTEP</b><br>7.35-8.30pm ◆ | <b>BODYSTEP</b><br>6.10-6.55am<br><b>LITE PACE</b><br>8.00-8.55am ◆<br><b>LES MILLS TONE</b><br>9.15-10.00am ◆<br><b>WALKCOFFEE*</b><br>9.30-10.25am ◆<br><b>BODYPUMP</b><br>10.40-11.35am<br><b>FAB STRENGTH PLUS</b><br>12.05-1.00pm ◆<br><b>LES MILLS CORE</b><br>5.50-6.20pm<br><b>BODYSTEP</b><br>6.30-7.25pm<br><b>CYCLE</b><br>7.35-8.30pm | <b>BODYPUMP</b><br>6.10-6.55am<br><b>FAB CIRCUIT</b><br>8.00-8.55am ◆<br><b>CYCLE</b><br>9.15-10.10am<br><b>TAI CHI</b><br>10.45-11.40am ◆<br><b>ZUMBA GOLD</b><br>12.05-1.00pm ◆<br><b>BODYATTACK</b><br>6.30-7.25pm | <b>FAB STRENGTH PLUS</b><br>8.00-8.55am ◆<br><b>BODYPUMP</b><br>9.15-10.10am<br><b>FAB STRENGTH</b><br>10.40-11.35am ◆<br><b>ZUMBA GOLD</b><br>12.05-1.00pm ◆<br><b>BODYPUMP</b><br>6.30-7.25pm | <b>LES MILLS TONE</b><br>8.10-8.55am<br><b>CYCLE</b><br>9.15-10.10am<br><b>BODYPUMP</b><br>10.35-11.30am<br><b>BODYPUMP</b><br>4.15-5.10pm | <b>CYCLE</b><br>8.20-9.15am<br><b>BODYSTEP</b><br>9.30-10.25am<br><b>BODYSTEP</b><br>4.15-5.10pm  |
|  |  |   |   |   |  | <p style="text-align: center;"><b>NEW</b><br/> <b>WALKCOFFEE</b><br/>                     *BEGINS 31 JANUARY<br/>                     WEDNESDAY<br/>                     9.30AM</p> |

| <b>Aqualink Nunawading Studio 2</b>  |  |   |   |  |   |   |
|--|--|---|---|--|---|---|
| <b>FAB PILATES</b><br>9.20-10.15am ◆<br><b>BODYBALANCE</b><br>10.45-11.40am ◆<br><b>STRETCH &amp; STABILISE</b><br>12.00-12.55pm ◆<br><b>YOGA FUSION</b><br>6.00-6.55pm<br><b>PILATES</b><br>7.15-8.10pm | <b>STRETCH &amp; STABILISE</b><br>7.00-7.55am ◆<br><b>PILATES</b><br>9.20-10.15am ◆<br><b>YOGA FLOW</b><br>10.45-11.40am ◆<br><b>MEDITATION</b><br>12.00-12.55pm ◆<br><b>STRETCH &amp; STABILISE</b><br>6.25-7.20pm<br><b>BODYBALANCE</b><br>7.35-8.30pm | <b>STRETCH &amp; STABILISE</b><br>9.20-10.15am ◆<br><b>PILATES</b><br>10.45-11.40am ◆<br><b>YOGA RELEASE</b><br>6.25-7.20pm | <b>STRETCH &amp; STABILISE</b><br>8.15-9.10am ◆<br><b>LES MILLS TONE</b><br>9.20-10.05am ◆<br><b>PILATES</b><br>10.45-11.40am ◆<br><b>YOGA FUSION</b><br>6.00-6.55pm<br><b>BODYBALANCE</b><br>7.35-8.30pm | <b>YOGA RELEASE</b><br>7.00-7.55am ◆<br><b>BODYBALANCE</b><br>9.20-10.15am ◆<br><b>YOGA FUSION</b><br>10.45-11.40am ◆<br><b>PILATES</b><br>12.00-12.55pm ◆ | <b>PILATES</b><br>8.15-9.10am ◆<br><b>LES MILLS CORE</b><br>9.30-10.15am<br><b>YOGA RELEASE</b><br>10.45-11.40am ⌚<br><b>YOGA FLOW</b><br>3.00-3.55pm ◆ | <b>HIIT</b><br>8.15-9.10am<br><b>YOGA FLOW</b><br>9.30-10.25am ◆<br><b>BODYBALANCE</b><br>5.30-6.25pm ◆ |

| <b>Aqualink Nunawading Aqua</b>   |   |  |  |   |  |                                |
|---|---|--|--|---|--|--------------------------------|
| <b>AQUA</b><br>8.45-9.30am ◆<br><b>AQUAFIT</b><br>10.40-11.25am ◆<br><b>AQUA</b><br>12.00-12.45pm ◆<br><b>AQUAFIT</b><br>6.30-7.15pm ◆<br><b>DEEP WATER AQUA</b><br>7.30-8.15pm ◆ | <b>AQUA</b><br>8.15-9.00am ◆<br><b>DEEP WATER AQUA</b><br>6.30-7.15pm ◆ | <b>AQUA</b><br>8.15-9.00am ◆<br><b>AQUAFIT</b><br>9.30-10.15am ◆<br><b>DEEP WATER AQUA</b><br>10.40-11.25am ◆<br><b>AQUAFIT</b><br>7.00-7.45pm ◆ | <b>AQUA</b><br>8.45-9.30am ◆<br><b>AQUA</b><br>10.40-11.25am ◆ | <b>AQUA</b><br>8.15-9.00am ◆<br><b>AQUA</b><br>9.30-10.15am ◆ |  | <b>AQUA</b><br>10.00-10.45am ◆ |

To book your class and descriptions, visit [aqualink.com.au](http://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. Bookings must be presented to the instructor upon entry.
- As a courtesy and for safety reasons, participants will not be admitted into group fitness classes after the class has commenced.
- Participants must be at least high school age to attend all group fitness classes.
- 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.
- 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.
- Place your personal belongings and bags in a locker or in-studio pigeon holes.
- Boxing Fitness classes participants must bring their own wraps/inners.
- Walkcoffee classes available to all Aqualink membership types and casual participants.



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**Aqualink Box Hill**  
 📍 Surrey Drive,  
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**Aqualink Nunawading**  
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