

Aqualink Box Hill

Group Fitness Updated 1 March 2025

- ◆ Combined Regular Members plus Fab Living Members
- 🕒 New time
- ▼ Walk-Coffee - 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 ACE ★ ZUMBA GOLD NEW 8.10-9.05am ◆ BODYPUMP 9.20-10.20am LES MILLS TONE 10.40-11.25am ◆ ZUMBA 12.00-12.55pm ◆ BODYPUMP 6.00-7.00pm BODYATTACK 7.10-8.10pm BODYCOMBAT 8.20-9.05pm | 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 ◆ LES MILLS TONE 6.00-6.45pm ZUMBA 7.10-8.05pm BODYPUMP 8.20-9.05pm | ACE ★ HIIT NEW 10.45-11.30am LITE PACE 8.10-9.05am ◆ BODYPUMP 9.20-10.20am ◆ ZUMBA 10.40-11.35am ◆ BODYCOMBAT 6.00-7.00pm BODYPUMP 7.10-8.10pm ACE ★ ZUMBA STEP NEW 8.20-9.05pm | BODYPUMP 6.10-6.55am FAB STRENGTH 7.45-8.40am ◆ ZUMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.40am BODYPUMP 6.00-7.00pm ZUMBA 7.10-8.05pm | HIIT 6.10-6.55am LITE PACE 8.10-9.05am ◆ BODYPUMP 9.20-10.20am WALK-COFFEE ▼ 9.30-10.25am ◆ LES MILLS 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 BODYCOMBAT 9.25-10.25am BODYPUMP 4.15-5.15pm |
| Aqualink Box Hill Fitness Studio | | | | | | |
| HIIT 9.30-10.25am BOXING FITNESS 10.45-11.40am HIIT 6.25-7.20pm BOXING FITNESS 7.35-8.30pm | BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm | HIIT 9.30-10.25am ACE ★ LM FUNCTIONAL STRENGTH NEW 10.45-11.30am ACE ★ LM FUNCTIONAL STRENGTH NEW 5.30-6.15pm BOXING FITNESS 6.25-7.20pm | HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ◆ ACE ★ STRETCH EXPRESS NEW 12.00-12.15pm ◆ HIIT 6.25-7.20pm | FAB STRENGTH PLUS 8.05-9.00am ◆ HIIT 9.30-10.25am HIIT 6.25-7.20pm | BOXING FITNESS 8.25-9.20am HIIT 9.30-10.25am ACE ★ LM FUNCTIONAL STRENGTH NEW 10.45-11.30am | HIIT 8.25-9.20am BOXING FITNESS 9.30-10.25am |
| Aqualink Box Hill Wellness Studio | | | | | | |
| YOGA FLOW 9.25-10.20am ◆ STRETCH & STABILISE 10.50-11.45am ◆ YOGA RELEASE 12.05-1.00pm ◆ PILATES 1.45-2.40pm ◆ PILATES 6.10-7.05pm YOGA FLOW 7.15-8.15pm | PILATES 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 ACE ★ LM SHAPES NEW 7.15-8.00pm YOGA FLOW 8.20-9.15pm | YOGA FUSION 6.15-7.00am YOGA FUSION 9.25-10.20am ◆ PILATES 10.50-11.45am ◆ MEDITATION 12.05-1.00pm ◆ STRETCH & STABILISE 1.45-2.40pm ◆ YOGA FUSION 6.10-7.05pm PILATES 7.15-8.10pm | ACE ★ PILATES NEW 8.15-9.10am ◆ TAI CHI 9.25-10.20am ◆ GENTLE EXERCISE 10.50-11.45am ◆ PILATES 12.05-1.00pm ◆ BODYBALANCE 6.10-7.10pm PILATES 7.15-8.10pm YOGA FUSION 8.20-9.15pm | STRETCH & STABILISE 8.20-9.15am ◆ PILATES 9.25-10.20am ◆ YOGA RELEASE 10.50-11.45am ◆ ACE ★ LM SHAPES NEW 12.05-12.50pm PILATES 1.45-2.40pm ◆ YOGA RELEASE 6.10-7.05pm | PILATES 8.10-9.05am YOGA FLOW 9.15-10.10am STRETCH & STABILISE NEW 10.30-11.25am YOGA FUSION 11.35am-12.30pm PILATES 4.30-5.25pm ◆ | YOGA FUSION 8.10-9.05am PILATES 9.15-10.10am ◆ ACE ★ STRETCH EXPRESS NEW 10.30-10.45am ◆ PILATES 4.30-5.25pm ◆ |
| Aqualink Box Hill Cycle Studio For Virtual cycle classes visit aqualink.com.au | | | | | | |
| SPRINT 9.35-10.05am RPM 6.30-7.15pm | RPM 6.15-7.00am RPM 9.35-10.20am CYCLE 5.30-6.15pm | CYCLE 9.35-10.30am SPRINT 5.15-5.45pm RPM 6.30-7.15pm | RPM 6.15-7.00am | CYCLE 6.15-7.00am RPM 9.35-10.20am | CYCLE 8.20-9.15am RPM 9.35-10.20am | SPRINT 8.30-9.00am CYCLE 9.35-10.30am |
| Aqualink Box Hill Aqua ◆ Access to all regular Group Fitness Members plus Fab Living Members | | | | | | |
| ACE ★ AQUA-ZUMBA NEW 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-ZUMBA 7.35-8.20pm ◆ | 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 ◆ | |



👉 aqualink.com.au
 📍 Find us on Facebook

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 ☎ 9843 2900

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

Aqualink Nunawading Group Fitness

Updated 1 March 2025

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|--|
| Aqualink Nunawading Studio 1 | | | | | | |
| FAB CIRCUIT 8.05-9.00am ◆ 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 9.15-9.45am CORE EXPRESS 10.00-10.30am ACE ★ STEP AEROBICS NEW 10.40-11.35am ACE ★ STRETCH EXPRESS NEW 12.00-12.15pm ◆ BODYPUMP 6.30-7.30pm BODYSTEP 7.40-8.40pm | BODYSTEP 6.10-6.55am LITE PACE 8.05-9.00am ◆ ACE ★ GYMSTICK NEW 9.15-10.00am ◆ WALK-COFFEE ▼ 9.30-10.25am ◆ BODYPUMP 10.40-11.40am FAB STRENGTH PLUS 12.05-1.00pm ◆ LES MILLS CORE 5.50-6.20pm BODYSTEP 6.30-7.30pm RPM NEW 7.40-8.25pm | BODYPUMP 6.10-6.55am FAB CIRCUIT 8.05-9.00am ◆ CYCLE 9.15-10.10am LES MILLS TONE 10.40-11.40am ◆ ZUMBA GOLD 12.05-1.00pm ◆ ACE ★ LM FUNCTIONAL STRENGTH NEW 5.30pm-6.15pm BODYATTACK 6.30-7.30pm ZUMBA 7.40-8.35pm | SPRINT 6.10-6.40am FAB STRENGTH PLUS 8.05-9.00am ◆ BODYPUMP 9.15-10.15am FAB STRENGTH 10.40-11.35am ◆ ACE ★ STRETCH EXPRESS NEW 11.45am-12.00pm ZUMBA GOLD 12.05-1.00pm ◆ BODYPUMP 6.30-7.30pm | LES MILLS 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 | | | | | | |
|--|--|--|--|---|---|---|
| LES MILLS CORE 6.10-6.55am FAB PILATES 9.20-10.15am ◆ BODYBALANCE 10.45-11.40am ◆ STRETCH & STABILISE 12.00-12.55pm ◆ YOGA FUSION 6.00-6.55pm PILATES 7.15-8.10pm | ACE ★ LM SHAPES NEW 6.10-6.55am STRETCH & STABILISE 7.00-7.55am ◆ PILATES 9.20-10.15am ◆ YOGA FLOW 10.45-11.40am ◆ GENTLE EXERCISE NEW 12.05-1.00pm ◆ STRETCH & STABILISE 6.00-6.55pm BODYBALANCE 7.15-8.15pm | ACE ★ PILATES NEW 7.00-7.55am ◆ STRETCH & STABILISE 9.20-10.15am ◆ PILATES 10.45-11.40am ◆ YOGA RELEASE 6.25-7.20pm ACE ★ LM FUNCTIONAL STRENGTH NEW 7.40-8.25pm | ACE ★ PILATES NEW 8.10-9.05am ◆ STRETCH & STABILISE 9.20-10.15am ◆ TAI CHI 10.45-11.40am ◆ YOGA FUSION 6.00-6.55pm BODYBALANCE 7.40-8.40pm | YOGA RELEASE 7.00-7.55am ◆ ACE ★ LM SHAPES 8.10-8.55am BODYBALANCE 9.20-10.20am ◆ YOGA FUSION 10.45-11.40am ◆ PILATES 12.00-12.55pm ◆ PILATES 6.00-6.55pm | PILATES 8.15-9.10am ◆ LES MILLS 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 ◆ 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 ★ AQUA-ZUMBA NEW 10.40-11.25am ◆ | | 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. As a courtesy and for safety reasons, 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 membership types and casual participants.
- 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/innners.
- Participants must be at least high school age to attend all group fitness classes.



👉 aqualink.com.au
 📍 Find us on Facebook

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