

Aqualink Box Hill Group Fitness Commences 7 April 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 ZUMBA GOLD 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	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	HIIT 6.10-6.55am 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 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 ACE ★ HIIT NEW 4.15-5.10pm	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 ACE ★ HIIT NEW 5.15-6.10pm 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 LM FUNCTIONAL STRENGTH 10.45-11.30am ACE ★ HIIT NEW 5.15-6.10pm BOXING FITNESS 6.25-7.20pm	HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ◆ STRETCH EXPRESS 12.00-12.15pm ◆ HIIT 6.25-7.20pm	ACE ★ BOXING FITNESS NEW 6.15-7.00am FAB STRENGTH PLUS 8.05-9.00am ◆ HIIT 9.30-10.25am ACE ★ LM FUNCTIONAL STRENGTH NEW 10.45-11.30am HIIT 6.25-7.20pm	BOXING FITNESS 8.25-9.20am HIIT 9.30-10.25am LM FUNCTIONAL STRENGTH 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 ◆ ACE ★ MEDITATION MOMENT NEW 1.10-1.25pm ◆ PILATES 1.45-2.40pm ◆ PILATES 6.10-7.05pm YOGA FLOW 7.15-8.10pm	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 LES MILLS SHAPES 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 ★ YOGA RELEASE NEW 8.20-9.15pm	ACE ★ PILATES 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 8.15-9.10am ◆ PILATES 9.25-10.20am ◆ YOGA RELEASE 10.50-11.45am ◆ LES MILLS SHAPES 12.05-12.50pm PILATES 1.45-2.40pm ◆ YOGA RELEASE 6.10-7.05pm ACE ★ STRETCH & STABILISE NEW 7.15-8.10pm	PILATES 8.10-9.05am YOGA FLOW 9.15-10.10am STRETCH & STABILISE 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 & STABILISE NEW 10.30-11.25am ◆ PILATES 4.30-5.25pm ◆

Aqualink Box Hill Cycle Studio			For Virtual cycle classes visit aqualink.com.au			
ACE ★ NEW CYCLE 6.15-7.00am RPM 6.30-7.15pm	RPM 6.15-7.00am RPM 9.30-10.15am CYCLE 5.30-6.15pm	CYCLE 9.30-10.25am SPRINT 5.30-6.00pm RPM 6.30-7.15pm	RPM 6.15-7.00am	RPM 9.30-10.15am	CYCLE 8.20-9.15am RPM 9.30-10.15am	SPRINT 8.30-9.00am 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-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 Nunawading Group Fitness Commences 7 April 2025

- ◆ Combined Regular Members plus Fab Living Members
- 🕒 New time
- ▼ Walk-Coffee 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 STEP AEROBICS 10.40-11.35am ACE ★ LES MILLS SHAPES NEW 12.05-12.50pm BODYPUMP 6.30-7.30pm BODYSTEP 7.40-8.40pm	BODYSTEP 6.10-6.55am LITE PACE 8.05-9.00am ◆ GYMSTICK 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 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 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 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 ACE ★ STRETCH & STABILISE NEW 8.10-9.05am ◆ FAB PILATES 9.20-10.15am ◆ BODYBALANCE 10.45-11.40am ◆ STRETCH & STABILISE 12.00-12.55pm ◆ ACE ★ MEDITATION MOMENT NEW 1.10-1.25pm ◆ YOGA FUSION 6.00-6.55pm PILATES 7.15-8.10pm	ACE ★ LES MILLS SHAPES 6.10-6.55am STRETCH & STABILISE 7.00-7.55am ◆ PILATES 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	ACE ★ LES MILLS SHAPES NEW 8.10-8.55am STRETCH & STABILISE 9.20-10.15am ◆ PILATES 10.45-11.40am ◆ YOGA RELEASE 6.25-7.20pm LM FUNCTIONAL STRENGTH 7.40-8.25pm	PILATES 8.10-9.05am ◆ STRETCH & STABILISE 9.20-10.15am ◆ TAI CHI 10.45-11.40am ◆ ACE ★ PILATES NEW 1.45-2.40pm ◆ YOGA FUSION 6.00-6.55pm BODYBALANCE 7.40-8.40pm	YOGA RELEASE 7.00-7.55am ◆ ACE ★ LES MILLS 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 ACE ★ YOGA RELEASE NEW 7.15-8.10pm	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 ◆ ACE ★ LES MILLS SHAPES NEW 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 ◆ AQUA-ZUMBA 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/innings.
- 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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 📍 Surrey Drive,
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Aqualink Nunawading
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