

Aqualink Box Hill Group Fitness

Effective 1 July 2024

◆ Combined Regular Members plus Fab Living Members
⌚ New time

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 9.20-10.15am LES MILLS TONE 10.40-11.25am ◆ ZUMBA 12.00-12.55pm ◆ BODYPUMP 6.00-6.55pm BODYATTACK 7.10-8.05pm BODYCOMBAT 8.15-9.10pm	HIIT 6.10-6.55am FAB STRENGTH 8.10-9.05am ◆ ZUMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ LES MILLS TONE 6.00-6.45pm ZUMBA 7.10-8.05pm BODYPUMP 8.15-9.10pm	BODYATTACK 6.10-6.55am LITE PACE 8.10-9.05am ◆ BODYPUMP 9.20-10.15am ZUMBA 10.40-11.35am ◆ BODYCOMBAT 6.00-6.55pm BODYPUMP 7.10-8.05pm ZUMBA 8.15-9.10pm	BODYPUMP 6.10-6.55am FAB STRENGTH 7.45-8.40am ◆ ZUMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ BODYPUMP 6.00-6.55pm ZUMBA 7.10-8.05pm	HIIT 6.10-6.55am LITE PACE 8.10-9.05am ◆ NEW BODYPUMP 9.20-10.15am LES MILLS TONE 10.40-11.25am ◆ FAB STRENGTH 12.00-12.55pm ◆ ZUMBA 6.30-7.25pm ⌚	BODYCOMBAT 8.20-9.15am BODYPUMP 9.25-10.20am ZUMBA 10.35-11.30am	BODYPUMP 8.20-9.15am BODYCOMBAT 9.25-10.20am BODYPUMP 4.15-5.10pm
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 BOXING FITNESS 6.25-7.20pm	HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ◆ HIIT 6.25-7.20pm	FAB STRENGTH PLUS 8.05-9.00am ◆ HIIT 9.30-10.25am HIIT 6.25-7.20pm NEW	BOXING FITNESS 8.25-9.20am HIIT 9.30-10.25am	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 7.15-8.10pm	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 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	TAI CHI 9.25-10.20am ◆ GENTLE EXERCISE 10.50-11.45am ◆ PILATES 12.05-1.00pm ◆ 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 ◆ PILATES 1.45-2.40pm ◆ YOGA RELEASE 6.10-7.05pm	PILATES 8.10-9.05am YOGA FLOW 9.15-10.10am YOGA FUSION 11.35am-12.30pm PILATES 4.30-5.25pm ◆	YOGA FUSION 8.10-9.05am PILATES 9.15-10.10am ◆ PILATES 4.30-5.25pm
Aqualink Box Hill Cycle Studio For Virtual cycle classes visit aqualink.com.au						
RPM 9.35-10.20am RPM 6.30-7.15pm	RPM 6.15-7.00am RPM 9.35-10.20am CYCLE EXPRESS 5.15-5.45pm CYCLE EXPRESS 6.00-6.30pm	CYCLE 9.35-10.30am 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	RPM 8.20-9.05am CYCLE 9.35-10.30am
Aqualink Box Hill Aqua						
AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.30-1.15pm ◆ AQUAFIT 7.10-7.45pm ◆ ⌚ DEEP WATER AQUA 8.05-8.45pm ◆ ⌚	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 ◆ AQUAFIT 7.10-7.45pm ◆ ⌚	AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.30-1.15pm ◆ DEEP WATER AQUA 8.05-8.45pm ◆ NEW	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 ◆	



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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 1 July 2024

◆ Combined Regular Members plus Fab Living Members
 ⌚ New time

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqualink Nunawading Studio 1						
LES MILLS CORE 6.10-6.55am FAB CIRCUIT 8.00-8.55am ◆ BODYPUMP 9.15-10.10am ZUMBA 10.40-11.35am ◆ FAB STRENGTH 12.05-1.00pm ◆ HIIT 6.30-7.25pm BODYPUMP 7.35-8.30pm	HIIT 6.10-6.55am FAB STRENGTH 8.00-8.55am ◆ CYCLE 9.15-9.45am CORE EXPRESS 9.55-10.25am BODYPUMP 10.40-11.35am LITE PACE 12.05-1.00pm ◆ BODYPUMP 6.30-7.25pm BODYSTEP 7.35-8.30pm	BODYSTEP 6.10-6.55am LITE PACE 8.00-8.55am ◆ LES MILLS TONE 9.15-10.00am ◆ WALKCOFFEE 9.30-10.25am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH PLUS 12.05-1.00pm ◆ LES MILLS CORE 5.50-6.20pm BODYSTEP 6.30-7.25pm CYCLE 7.35-8.30pm	BODYPUMP 6.10-6.55am FAB CIRCUIT 8.00-8.55am ◆ CYCLE 9.15-10.10am TAI CHI 10.45-11.40am ◆ ZUMBA GOLD 12.05-1.00pm ◆ BODYATTACK 6.30-7.25pm ZUMBA 7.35-8.30pm	FAB STRENGTH PLUS 8.00-8.55am ◆ BODYPUMP 9.15-10.10am FAB STRENGTH 10.40-11.35am ◆ ZUMBA GOLD 12.05-1.00pm ◆ BODYPUMP 6.30-7.25pm	LES MILLS TONE 8.10-8.55am CYCLE 9.15-10.10am BODYPUMP 10.35-11.30am BODYPUMP 4.15-5.10pm	CYCLE 8.20-9.15am BODYSTEP 9.30-10.25am BODYSTEP 4.15-5.10pm
Aqualink Nunawading Studio 2						
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	STRETCH & STABILISE 7.00-7.55am ◆ PILATES 9.20-10.15am ◆ YOGA FLOW 10.45-11.40am ◆ MEDITATION 12.00-12.55pm ◆ STRETCH & STABILISE 6.25-7.20pm BODYBALANCE 7.35-8.30pm	STRETCH & STABILISE 9.20-10.15am ◆ PILATES 10.45-11.40am ◆ YOGA RELEASE 6.25-7.20pm	STRETCH & STABILISE 8.15-9.10am ◆ LES MILLS TONE 9.20-10.05am ◆ PILATES 10.45-11.40am ◆ YOGA FUSION 6.00-6.55pm BODYBALANCE 7.35-8.30pm	YOGA RELEASE 7.00-7.55am ◆ BODYBALANCE 9.20-10.15am ◆ YOGA FUSION 10.45-11.40am ◆ PILATES 12.00-12.55pm ◆	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 5.30-6.25pm ◆
Aqualink Nunawading Aqua						
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 6.30-7.15pm ◆	AQUA 8.15-9.00am ◆ AQUAFIT 9.30-10.15am ◆ DEEP WATER AQUA 10.40-11.25am ◆ 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 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. 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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 📍 Find us on Facebook

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

Aqualink Nunawading
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