Aqualink Box Hill
Group Fitness Commences 7 July 2025

◆ Combined **Regular Members** plus **Fab Living Members**
New time
Walk-Coffee - departs from cafe-foyer
ACE (Aqualink Class Experience) Limited time only.

Aqualink Box Hill Group Fitness Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP 6.10-6.55am	**HIIT** 6.10-6.55am	**HIIT** 6.10-6.55am	**BODYPUMP** 6.10-6.55am	**HIIT** 6.10-6.55am	**BODYCOMBAT** 8.15-9.15am	**BODYPUMP** 8.15-9.15am
ZUMBA GOLD 8.10-9.05am ◆	**FAB STRENGTH** 8.10-9.05am ◆	**LITE PACE** 8.10-9.05am ◆	**FAB STRENGTH** 7.45-8.40am ◆	**FAB STRENGTH PLUS** NEW 8.10-9.05am ◆	**BODYPUMP** 9.25-10.25am	**BODYCOMBAT** 9.25-10.25am
BODYPUMP 9.20-10.20am	**ZUMBA** 9.20-10.15am ◆	**BODYPUMP** 9.20-10.20am	**ZUMBA** 9.20-10.15am ◆	**BODYPUMP** 9.20-10.20am	**ZUMBA** 10.40-11.35am	**BODYPUMP** 4.15-5.15pm
LES MILLS TONE 10.40-11.25am ◆	**BODYPUMP** 10.40-11.40am	**ZUMBA** 10.40-11.35am ◆	**BODYPUMP** 10.40-11.40am	**WALK-COFFEE** ▼ 9.30-10.25am ◆		
ZUMBA 12.00-12.55pm ◆	**FAB STRENGTH** 12.00-12.55pm ◆	**BODYCOMBAT** 6.00-7.00pm	**BODYPUMP** 6.00-7.00pm	**LES MILLS TONE** 10.40-11.25am ◆		
BODYPUMP 6.00-7.00pm	**LES MILLS TONE** 6.00-6.45pm	**BODYPUMP** 7.10-8.10pm	**ZUMBA** 7.10-8.05pm	**FAB STRENGTH** 12.00-12.55pm ◆		
BODYATTACK 7.10-8.10pm	**ZUMBA** 7.10-8.05pm			**ZUMBA** 6.30-7.25pm		
	BODYPUMP 8.20-9.05pm					

Aqualink Box Hill Fitness Studio

HIIT 9.30-10.25am	**BOXING FITNESS** 9.30-10.25am	**HIIT** 9.30-10.25am	**HIIT** 9.30-10.25am	**ACE CORE EXPRESS** NEW 8.30-9.00am	**BOXING FITNESS** 8.25-9.20am	**HIIT** 8.25-9.20am
ACE FAB STRENGTH PLUS NEW 10.45-11.40am ◆	**HIIT** 10.45-11.40am	**LM FUNCTIONAL STRENGTH** 10.45-11.30am	**FAB STRENGTH PLUS** 10.45-11.40am ◆	**HIIT** 9.30-10.25am	**HIIT** 9.30-10.25am	**BOXING FITNESS** 9.30-10.25am
HIIT 5.15-6.10pm	**HIIT** 6.25-7.20pm	**HIIT** 5.15-6.10pm	**ACE STRETCH EXPRESS** NEW 12.00-12.30pm ◆	**ACE LM FUNCTIONAL STRENGTH** 10.45-11.30am	**LM FUNCTIONAL STRENGTH** 10.45-11.30am	
HIIT 6.25-7.20pm		**BOXING FITNESS** 6.25-7.20pm	**HIIT** 6.25-7.20pm	**HIIT** 6.25-7.20pm	**ACE HIIT** NEW 4.15-5.10pm	

Aqualink Box Hill Wellness Studio

YOGA FLOW 9.25-10.20am ◆	**PILATES** 9.25-10.20am ◆	**YOGA FUSION** 6.15-7.00am	**PILATES** 8.15-910am ◆	**ACE LES MILLS SHAPES** NEW 6.15-7.00am	**PILATES** 8.10-9.05am	**YOGA FUSION** 8.10-9.05am
STRETCH & STABILISE 10.50-11.45am ◆	**TAI CHI** 10.50-11.45am ◆	**YOGA FUSION** 9.25-10.20am ◆	**TAI CHI** 9.25-10.20am ◆	**STRETCH & STABILISE** 8.15-9.10am ◆	**YOGA FLOW** 9.15-10.10am	**PILATES** 9.15-10.10am ◆
YOGA RELEASE 12.05-1.00pm ◆	**STRETCH & STABILISE** 12.05-1.00pm ◆	**PILATES** 10.50-11.45am ◆	**GENTLE EXERCISE** 10.50-11.45am ◆	**PILATES** 9.25-10.20am ◆	**STRETCH & STABILISE** 10.30-11.25am	**STRETCH & STABILISE** 10.30-11.25am ◆
PILATES 1.45-2.40pm ◆	**GENTLE EXERCISE** 1.45-2.40pm ◆	**MEDITATION** 12.05-1.00pm ◆	**PILATES** 12.05-1.00pm ◆	**YOGA RELEASE** 10.50-11.45am ◆	**YOGA FUSION** 11.35am-12.30pm	**PILATES** 4.30-5.25pm ◆
PILATES 6.10-7.05pm	**YOGA RELEASE** 6.10-7.05pm	**STRETCH & STABILISE** 1.45-2.40pm ◆	**BODYBALANCE** 6.10-7.10pm	**LES MILLS SHAPES** 12.05-12.50pm	**PILATES** 4.30-5.25pm ◆	
YOGA FLOW 7.15-8.10pm	**LES MILLS SHAPES** 7.15-8.00pm	**YOGA FUSION** 6.10-7.05pm	**PILATES** 7.15-8.10pm	**PILATES** 1.45-2.40pm ◆		
	YOGA FLOW 8.20-9.15pm	**PILATES** 7.15-8.10pm	**YOGA FUSION** 8.20-9.15pm	**YOGA RELEASE** 6.10-7.05pm		
		ACE YOGA RELEASE 8.20-9.15pm		**ACE STRETCH & STABILISE** 7.15-8.10pm		

Aqualink Box Hill Cycle Studio — For Virtual cycle classes visit aqualink.com.au

CYCLE 6.15-7.00am	**RPM** 6.15-7.00am	**CYCLE** 9.30-10.25am	**RPM** 6.15-7.00am	**RPM** 9.30-10.15am	**CYCLE** 8.20-9.15am	**RPM** NEW 8.30-9.00am
RPM 6.30-7.15pm		**SPRINT** 5.30-6.00pm			**RPM** 9.30-10.15am	**CYCLE** 9.30-10.25am
		RPM 6.30-7.15pm				

Aqualink Box Hill Aqua — ◆ Access to all regular Group Fitness Members plus Fab Living Members

AQUA-ZUMBA 8.00-8.45am ◆	**AQUA** 8.00-8.45am ◆	**AQUA** 8.00-8.45am ◆	**AQUA** 9.30-10.15am ◆	**AQUA** 8.00-8.45am ◆	**DEEP WATER AQUA** 8.10-8.55am ◆	
AQUA 9.30-10.15am ◆	**OUTDOOR AQUA** 9.30-10.15am ◆	**DEEP WATER AQUA** 9.30-10.15am ◆	**DEEP WATER AQUA** 11.00-11.45am ◆	**OUTDOOR AQUA** 9.30-10.15am ◆	**DEEP WATER AQUA** 9.10-9.55am ◆	
DEEP WATER AQUA 11.00-11.45am ◆	**DEEP WATER AQUA** 11.00-11.45am ◆	**WARM WATER AQUA** 11.00-11.45am ◆	**WARM WATER AQUA** 12.30-1.15pm ◆	**WARM WATER AQUA** 11.00-11.45am ◆		
WARM WATER AQUA 12.30-1.15pm ◆		**WARM WATER AQUA** 12.00-12.45pm ◆	**DEEP WATER AQUA** 8.05-8.50pm ◆	**WARM WATER AQUA** 12.00-12.45pm ◆		
WARM WATER AQUA 1.30-2.15pm ◆		**AQUA-ZUMBA** 7.35-8.20pm ◆				
AQUAFIT 7.10-7.55pm ◆						
DEEP WATER AQUA 8.05-8.50pm ◆						

WHITEHORSE

aqualink

aqualink.com.au
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Surrey Drive,
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9843 2900

Aqualink Nunawading
Fraser Place,
Forest Hill VIC 3131
9878 4576

Aqualink Nunawading
Group Fitness Commences 7 July 2025

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

Aqualink Nunawading Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS CORE 6.10-6.55am **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** 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** 10.40-11.25am ◆ **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 **ACE GYMSTICK** NEW 8.05-8.50am ◆ **BODYPUMP** 9.15-10.15am **FAB STRENGTH** 10.40-11.35am ◆ **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

FAB PILATES 9.20-10.15am ◆ **BODYBALANCE** 10.45-11.45am ◆ **STRETCH & STABILISE** 12.00-12.55pm ◆ **ACE MEDITATION MOMENT** NEW 1.10-1.40pm ◆ 🕐 **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 ◆ **GENTLE EXERCISE** 12.00-12.55pm ◆ **STRETCH & STABILISE** 6.00-6.55pm **BODYBALANCE** 7.15-8.15pm	**ACE YOGA RELEASE** 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 BODYBALANCE** NEW 12.00-1.00pm ◆ **YOGA FUSION** 6.00-6.55pm **BODYBALANCE** 7.40-8.40pm	**YOGA RELEASE** 7.00-7.55am ◆ **FAB STRENGTH PLUS** 8.10-9.05am ◆ 🕐 **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 ◆ **ACE LES MILLS SHAPES** 10.45-11.30am **BODYBALANCE** 5.30-6.30pm ◆

Aqualink Nunawading Aqua

◆ Access to all regular Group Fitness Members plus Fab Living Members

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. 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/inners.
- Participants must be at least high school age to attend all group fitness classes.

WHITEHORSE CITY COUNCIL

aqualink

aqualink.com.au
Find us on Facebook

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