

Aqualink Box Hill

Group Fitness Starts 7 October 2024

- ◆ Combined Regular Members plus Fab Living Members
- 🕒 New time
- 👉 Walk-Coffee - departs from cafe-foyer
- ★ Aqualink Class Experience (ACE) - refer to booking portal for program type

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	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 ◆ BODYPUMP 9.20-10.15am WALK-COFFEE NEW 9.30-10.25am ◆ LES MILLS TONE 10.40-11.35am ◆ 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	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 AQUALINK CLASS EXPERIENCE NEW 10.20-11.15am ◆ 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						
SPRINT NEW 9.35-10.05am RPM 6.30-7.15pm	RPM 6.15-7.00am RPM 9.35-10.20am CYCLE NEW 5.30-6.15pm	SPRINT NEW 6.15-6.45am CYCLE 9.35-10.20am RPM 6.30-7.15pm SPRINT NEW 7.30-8.00pm	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 NEW 8.30-9.00am 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 ◆ WARM WATER AQUA 1.30-2.15pm ◆ NEW AQUAFIT 7.10-7.55pm ◆ 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 ◆ AQUA-ZUMBA NEW 7.30-8.15pm ◆	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 ◆	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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 📍 Surrey Drive,
 Box Hill VIC 3128
 ☎ 9843 2900

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

Aqualink Nunawading Group Fitness

Starts 7 October 2024

- ◆ Combined Regular Members plus Fab Living Members
- 🕒 New time
- ▼ Walk-Coffee - departs from reception-foyer
- ★ Aqualink Class Experience (ACE) - refer to booking portal for class type

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 AQUALINK CLASS EXPERIENCE 10.40-11.35am NEW ◆ 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 AQUALINK CLASS EXPERIENCE 7.35-8.30pm NEW ◆	SPRINT 6.10-6.40am NEW 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 ◆ 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 6.00-6.55pm NEW ◆	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 NEW 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 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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