

# Aqualink Box Hill Virtual Cycle Classes

Effective 1 July, 2026

- ▶ Virtual Group Fitness classes (unsupervised)
- (↻) Live Class (instructor lead classes)
- ◆ Combined Regular Members plus Fab Living Members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqualink Box Hill Cycle Studio</b>						
<b>VIRTUAL RPM</b> (↻) 6.15-7.00am	<b>RPM</b> (↻) 6.15-7.00am	<b>VIRTUAL SPRINT</b> (↻) 6.15-6.45am	<b>RPM</b> (↻) 6.15-7.00am	<b>RPM</b> (↻) 6.15-7.00am	<b>CYCLE</b> (↻) 8.20am-9.15am ◆	<b>VIRTUAL RPM</b> (↻) 8.30am-9.15am
<b>VIRTUAL RPM</b> (↻) 7.30-8.15am	<b>VIRTUAL RPM</b> (↻) 7.30-8.15am	<b>VIRTUAL RPM EXPRESS</b> (↻) 7.30-8.00am	<b>VIRTUAL SPRINT</b> (↻) 7.30-8.00am	<b>VIRTUAL RPM</b> (↻) 7.30-8.15am	<b>RPM</b> (↻) 9.30-10.15am	<b>CYCLE</b> (↻) 9.30-10.25am ◆
<b>VIRTUAL RPM EXPRESS</b> (↻) 8.30-9.15am	<b>VIRTUAL SPRINT</b> (↻) 8.30-9.00am	<b>VIRTUAL SPRINT</b> (↻) 8.30-9.00am	<b>VIRTUAL RPM</b> (↻) 8.30-9.15am	<b>VIRTUAL SPRINT</b> (↻) 8.30-9.00am	<b>VIRTUAL SPRINT</b> (↻) 10.45-11.15am	<b>VIRTUAL SPRINT</b> (↻) 10.45-11.15am
<b>VIRTUAL SPRINT</b> (↻) 9.30-10.00am	<b>VIRTUAL RPM</b> (↻) 9.30-10.15am	<b>CYCLE</b> (↻) 9.30-10.25am ◆	<b>VIRTUAL TRIP</b> (↻) 9.30-10.15am	<b>RPM</b> (↻) 9.30-10.15am	<b>VIRTUAL RPM</b> (↻) 11.30am-12.15pm	<b>VIRTUAL RPM</b> (↻) 11.30am-12.15pm
<b>VIRTUAL RPM</b> (↻) 10.30-11.15am	<b>VIRTUAL SPRINT</b> (↻) 10.30-11.00am	<b>VIRTUAL TRIP</b> (↻) 11.30am-12.15pm	<b>VIRTUAL SPRINT</b> (↻) 10.30-11.00am	<b>VIRTUAL TRIP</b> (↻) 11.30am-12.15pm	<b>VIRTUAL SPRINT</b> (↻) 12.30-1.00pm	<b>VIRTUAL SPRINT</b> (↻) 12.30-1.00pm
<b>VIRTUAL RPM</b> (↻) 11.30am-12.15pm	<b>VIRTUAL RPM</b> (↻) 11.30am-12.15pm	<b>VIRTUAL SPRINT</b> (↻) 12.30-1.00pm	<b>VIRTUAL RPM</b> (↻) 11.30am-12.15pm	<b>VIRTUAL RPM EXPRESS</b> (↻) 12.30-1.00pm	<b>VIRTUAL RPM</b> (↻) 1.30-2.15pm	<b>VIRTUAL RPM</b> (↻) 1.30-2.15pm
<b>VIRTUAL SPRINT</b> (↻) 12.30-1.00pm	<b>VIRTUAL TRIP</b> (↻) 12.30-1.15pm	<b>VIRTUAL RPM</b> (↻) 1.30-2.15pm	<b>VIRTUAL SPRINT</b> (↻) 12.30-1.00pm	<b>VIRTUAL SPRINT</b> (↻) 1.30-2.15pm	<b>VIRTUAL SPRINT</b> (↻) 2.30-3.00pm	<b>VIRTUAL SPRINT</b> (↻) 2.30-3.00pm
<b>VIRTUAL RPM</b> (↻) 1.30-2.15pm	<b>VIRTUAL SPRINT</b> (↻) 1.30-2.00pm	<b>VIRTUAL RPM EXPRESS</b> (↻) 2.30-3.00pm	<b>VIRTUAL SPRINT</b> (↻) 1.30-2.00pm	<b>VIRTUAL SPRINT</b> (↻) 2.30-3.00pm	<b>VIRTUAL RPM</b> (↻) 3.30-4.15pm	<b>VIRTUAL TRIP</b> (↻) 3.30-4.15pm
<b>VIRTUAL TRIP</b> (↻) 2.30-3.15pm	<b>VIRTUAL TRIP</b> (↻) 2.30-3.00pm	<b>VIRTUAL RPM</b> (↻) 3.30-4.15pm	<b>VIRTUAL RPM</b> (↻) 3.30-4.15pm	<b>VIRTUAL RPM</b> (↻) 3.30-4.15pm	<b>VIRTUAL SPRINT</b> (↻) 4.30-5.00pm	<b>VIRTUAL RPM</b> (↻) 4.30-5.15pm
<b>VIRTUAL RPM</b> (↻) 3.30-4.15pm	<b>VIRTUAL RPM</b> (↻) 3.30-4.15pm	<b>VIRTUAL SPRINT</b> (↻) 4.30-5.00pm	<b>VIRTUAL SPRINT</b> (↻) 4.30-5.00pm	<b>VIRTUAL RPM</b> (↻) 4.30-5.15pm	<b>VIRTUAL TRIP</b> (↻) 5.30-6.15pm	<b>VIRTUAL RPM EXPRESS</b> (↻) 5.30-6.00pm
<b>VIRTUAL TRIP</b> (↻) 4.30-5.15pm	<b>VIRTUAL RPM</b> (↻) 4.30-5.15pm	<b>VIRTUAL SPRINT</b> (↻) 5.30-6.00pm	<b>VIRTUAL RPM</b> (↻) 5.30-6.15pm	<b>VIRTUAL RPM</b> (↻) 5.30-6.15pm	<b>VIRTUAL SPRINT</b> (↻) 6.30-7.00pm	<b>VIRTUAL TRIP</b> (↻) 6.30-7.15pm
<b>VIRTUAL SPRINT</b> (↻) 5.30-6.00pm	<b>VIRTUAL SPRINT</b> (↻) 5.30-6.15pm	<b>VIRTUAL RPM</b> (↻) 6.30-7.15pm	<b>VIRTUAL TRIP</b> (↻) 6.30-7.15pm	<b>VIRTUAL SPRINT</b> (↻) 6.30-7.00pm		
<b>RPM</b> (↻) 6.30-7.15pm	<b>VIRTUAL SPRINT</b> (↻) 6.30-7.00pm	<b>VIRTUAL RPM</b> (↻) 7.30-8.15pm	<b>VIRTUAL RPM</b> (↻) 7.30-8.15pm	<b>VIRTUAL RPM</b> (↻) 7.30-8.15pm	<b>VIRTUAL RPM</b> (↻) 7.30-8.15pm	
<b>VIRTUAL SPRINT</b> (↻) 7.30-8.00pm	<b>VIRTUAL RPM</b> (↻) 7.30-8.15pm	<b>VIRTUAL RPM</b> (↻) 8.30-9.15pm	<b>VIRTUAL RPM</b> (↻) 8.30-9.15pm	<b>VIRTUAL SPRINT</b> (↻) 8.30-9.15pm		
<b>VIRTUAL SPRINT</b> (↻) 8.30-9.00pm	<b>VIRTUAL SPRINT</b> (↻) 8.30-9.00pm		<b>VIRTUAL SPRINT</b> (↻) 8.30-9.00pm			



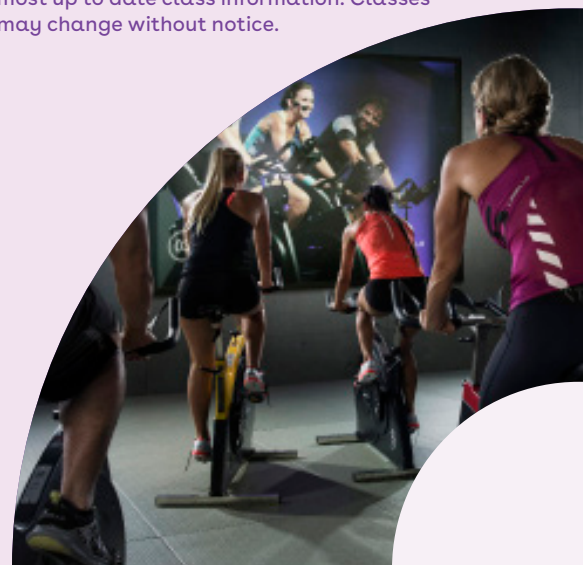
## For live class timetables and descriptions, visit [aqualink.com.au](http://aqualink.com.au)

- As a condition of entry to all Group Fitness classes, participants must book through the Aqualink Client Portal or reception as class limits apply.
- As a courtesy and for safety reasons, participants will not be admitted into group fitness classes after the class has commenced.
- Place your personal belongings and bags in a locker or in-studio pigeon holes.
- Please bring a towel and water bottle to every class.
- Participants must be a minimum of high school age to attend all group fitness classes.

### Virtual Group Fitness Class (unsupervised)

- This class operates without the presence / supervision of an instructor. Regular supervisory checks by staff will occur during classes.
- Follow the instructions of the virtual instructor at all times, including equipment set up.
- Please leave equipment in its designated area. Do not move equipment.
- If you require emergency staff assistance, please press the duress alarm button in the studio.
- If you require staff assistance, please see a staff member at reception or in the gym.
- Cycle studio etiquette is to be followed at all times.

\* Please refer to the Aqualink Client Portal for most up to date class information. Classes may change without notice.



▶ [aqualink.com.au](http://aqualink.com.au)  
 f Find us on Facebook

**Aqualink Box Hill**  
 ▶ Surrey Drive,  
 Box Hill VIC 3128  
 ☎ 9843 2900

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