

Aqualink Box Hill Virtual Cycle Classes

Effective 24 August, 2026

🕒 Virtual Group Fitness classes (unsupervised)

👤 Live Class (instructor lead classes)

🔑 Combined Regular Members plus Fab Living Members

🕒 New time

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqualink Box Hill Cycle Studio						
VIRTUAL RPM 🕒 6.15-7.00am	RPM (👤) 🕒 6.15-7.00am	VIRTUAL SPRINT 🕒 5.45-6.15am NEW	RPM (👤) 🕒 6.15-7.00am	RPM (👤) 🕒 6.15-7.00am	VIRTUAL SPRINT 🕒 6.15-6.45am NEW	VIRTUAL RPM 🕒 NEW 7.15-8.00am
VIRTUAL RPM 🕒 7.30-8.15am	VIRTUAL RPM 🕒 7.30-8.15am	VIRTUAL RPM 🕒 NEW 6.30-7.15am	VIRTUAL SPRINT 🕒 7.30-8.00am	VIRTUAL RPM 🕒 7.30-8.15am	VIRTUAL SPRINT 🕒 NEW 7.15-7.45am	VIRTUAL SPRINT 🕒 NEW 8.15am-8.45am
VIRTUAL RPM EXPRESS 🕒 8.30-9.15am	VIRTUAL SPRINT 🕒 8.30-9.00am	VIRTUAL RPM EXPRESS 🕒 7.30-8.00am	VIRTUAL RPM 🕒 8.30-9.15am	VIRTUAL SPRINT 🕒 8.30-9.00am	CYCLE (👤) 🕒 8.15am-9.10am	CYCLE (👤) 🕒 9.15-10.10am
VIRTUAL SPRINT 🕒 9.30-10.00am	VIRTUAL RPM 🕒 9.30-10.15am	VIRTUAL SPRINT 🕒 8.30-9.00am	VIRTUAL TRIP 🕒 9.30-10.15am	RPM (👤) 🕒 9.30-10.15am	RPM (👤) 🕒 9.30-10.15am	VIRTUAL SPRINT 🕒 10.45-11.15am
VIRTUAL RPM 🕒 10.30-11.15am	VIRTUAL SPRINT 🕒 10.30-11.00am	CYCLE (👤) 🕒 9.30-10.25am	VIRTUAL SPRINT 🕒 10.30-11.00am	VIRTUAL TRIP 🕒 11.30am-12.15pm	VIRTUAL SPRINT 🕒 10.45-11.15am	VIRTUAL RPM 🕒 11.30am-12.15pm
VIRTUAL RPM 🕒 11.30am-12.15pm	VIRTUAL RPM 🕒 11.30am-12.15pm	VIRTUAL TRIP 🕒 11.30am-12.15pm	VIRTUAL RPM 🕒 11.30am-12.15pm	VIRTUAL RPM EXPRESS 🕒 12.30-1.00pm	VIRTUAL RPM 🕒 11.30am-12.15pm	VIRTUAL SPRINT 🕒 12.30-1.00pm
VIRTUAL SPRINT 🕒 12.30-1.00pm	VIRTUAL TRIP 🕒 12.30-1.15pm	VIRTUAL SPRINT 🕒 12.30-1.00pm	VIRTUAL SPRINT 🕒 12.30-1.00pm	VIRTUAL SPRINT 🕒 1.30-2.15pm	VIRTUAL SPRINT 🕒 12.30-1.00pm	VIRTUAL RPM 🕒 1.30-2.15pm
VIRTUAL RPM 🕒 1.30-2.15pm	VIRTUAL SPRINT 🕒 1.30-2.00pm	VIRTUAL RPM 🕒 1.30-2.15pm	VIRTUAL SPRINT 🕒 1.30-2.00pm	VIRTUAL SPRINT 🕒 2.30-3.00pm	VIRTUAL RPM 🕒 1.30-2.15pm	VIRTUAL SPRINT 🕒 2.30-3.00pm
VIRTUAL TRIP 🕒 2.30-3.15pm	VIRTUAL SPRINT 🕒 2.30-3.00pm	VIRTUAL RPM EXPRESS 🕒 2.30-3.00pm	VIRTUAL SPRINT 🕒 2.30-3.00pm	VIRTUAL RPM 🕒 3.30-4.15pm	VIRTUAL SPRINT 🕒 2.30-3.00pm	VIRTUAL TRIP 🕒 3.30-4.15pm
VIRTUAL RPM 🕒 3.30-4.15pm	VIRTUAL TRIP 🕒 3.30-4.15pm	VIRTUAL RPM 🕒 2.30-3.00pm	VIRTUAL RPM 🕒 3.30-4.15pm	VIRTUAL RPM 🕒 4.30-5.15pm	VIRTUAL RPM 🕒 3.30-4.15pm	VIRTUAL RPM 🕒 4.30-5.15pm
VIRTUAL TRIP 🕒 4.30-5.15pm	VIRTUAL RPM 🕒 4.30-5.15pm	VIRTUAL RPM 🕒 3.30-4.15pm	VIRTUAL SPRINT 🕒 4.30-5.00pm	VIRTUAL RPM 🕒 5.30-6.15pm	VIRTUAL SPRINT 🕒 4.30-5.00pm	VIRTUAL RPM 🕒 5.30-6.00pm
VIRTUAL SPRINT 🕒 5.30-6.00pm	VIRTUAL RPM 🕒 5.30-6.15pm	VIRTUAL SPRINT 🕒 4.30-5.00pm	VIRTUAL RPM 🕒 5.30-6.15pm	VIRTUAL SPRINT 🕒 6.30-7.00pm	VIRTUAL TRIP 🕒 5.30-6.15pm	VIRTUAL TRIP 🕒 6.30-7.15pm
RPM (👤) 🕒 6.30-7.15pm	VIRTUAL SPRINT 🕒 6.30-7.00pm	VIRTUAL SPRINT 🕒 5.30-6.00pm	VIRTUAL TRIP 🕒 6.30-7.15pm	VIRTUAL RPM 🕒 7.30-8.15pm	VIRTUAL SPRINT 🕒 6.30-7.00pm	
VIRTUAL SPRINT 🕒 7.30-8.00pm	VIRTUAL RPM 🕒 7.30-8.15pm	VIRTUAL RPM 🕒 6.30-7.15pm	VIRTUAL RPM 🕒 7.30-8.15pm			
VIRTUAL SPRINT 🕒 8.30-9.00pm	VIRTUAL SPRINT 🕒 8.30-9.00pm	VIRTUAL RPM 🕒 7.30-8.15pm	VIRTUAL SPRINT 🕒 8.30-9.00pm			
		VIRTUAL TRIP 🕒 8.30-9.15pm				



For live class timetables 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.
- 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.

