## **Aqualink Box Hill**

## Reformer Pilates Classes

Effective 6 October 2025

Monday	Tuesdαy	Wednesday	Thursday	Friday	Saturday	Sunday
Aquαlink Box Hill Movement Studio						
ESSENTIALS 6.15am - 7.00am	ESSENTIALS 8.15am - 9.00am	ESSENTIALS 6.15am - 7.00am	FOUNDATION 6.15am - 7.00am	POWER MOVES 6.15am - 7.00am	POWER MOVES 8.15am - 9.00am	ESSENTIALS 8.15am - 9.00am
POWER MOVES 7.15am - 8.00am	FOUNDATION 9.15am - 10.00am	ESSENTIALS 7.15am - 8.00am	FOUNDATION 8.15am - 9.00am	ESSENTIALS 7.15am - 8.00am	FOUNDATION 9.15am - 10.00am	POWER MOVES 9.15am - 10.00am
ESSENTIALS 8.15am - 9.00am	<b>ESSENTIALS</b> 10.15am - 11.00am	FOUNDATION 9.15am - 10.00am	ESSENTIALS 9.15am - 10.00am	POWER MOVES 9.15am - 10.00am	<b>ESSENTIALS</b> 10.15am - 11.00am	FOUNDATION 10.15am - 11.00am
ESSENTIALS 9.15am - 10.00am	POWER MOVES 11.15αm - 12.00pm	ESSENTIALS 10.15am - 11.00am	POWER MOVES 10.15am - 11.00am	ESSENTIALS 10.15am - 11.00am	FOUNDATION 11.15am - 12.00pm	<b>ESSENTIALS</b> 11.15αm - 12.00pm
FOUNDATION 10.15am - 11.00am	FOUNDATION 6.15pm - 7.00pm	POWER MOVES 12.15pm - 1.00pm	<b>ESSENTIALS</b> 11.15αm - 12.00pm	FOUNDATION 12.15pm - 1.00pm		
ESSENTIALS 12.15pm - 1.00pm	ESSENTIALS 7.15pm - 8.00pm	ESSENTIALS 5.15pm - 6.00pm	ESSENTIALS 6.15pm - 700pm	ESSENTIALS 6.15pm - 7.00pm		
FOUNDATION 5.15pm - 6.00pm	POWER MOVES 8.15pm - 9.00pm	POWER MOVES 6.15pm - 7.00pm	POWER MOVES 7.15pm - 8.00pm	ESSENTIALS 7.15pm - 8.00pm		
ESSENTIALS 6.15pm - 7.00pm		FOUNDATION 7.15pm - 8.00pm	FOUNDATION 8.15pm - 9.00pm			
FOUNDATION 7.15pm - 8.00pm						

## **Class Descriptions:**

**FOUNDATION -** This class is designed to help you build your confidence and develop skills. **Expect a full body, low impact workout** teaching you everything you need to know to get the most out of your classes.

**ESSENTIALS -** Your everyday go-to-Reformer Pilates class with a strong focus on technique, combining traditional and contemporary Pilates. **Expect a full body, low impact workout.** The next step beyond Foundation.

POWER MOVES - A strong focus on strength and conditioning when you are ready to take things up a notch, or you're an experienced member. Consists of different and challenging exercises, sometimes fast flowing options.

Expect a moderate / high energy, full body workout.

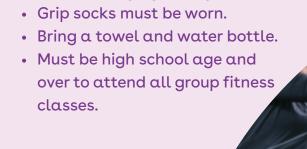
Not suitable for those who are new to Reformer Pilates.

## Class Requirements & Guidelines:

• Store belongings in pigeonholes or on hooks.

 Classes must be booked through the Aqualink App, Client Portal or reception - class limits apply.

 Arrive 5 - 10 mins early - doors will be locked when class starts with no late entry permitted.



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





