

# Aqualink Box Hill

## Reformer Pilates Classes

Effective 6 October 2025

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

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

### Class Requirements & Guidelines:

- 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.
- Store belongings in pigeonholes or on hooks.
- Grip socks must be worn.
- Bring a towel and water bottle.
- Must be high school age and over to attend all group fitness classes.



Scan the QR code  
to learn more and book a class:

