

Anzac Day Group Fitness

Friday 25 April, 2025
Group Fitness timetable

• Aqualink Box Hill

Group Fitness Studio

8.10am	Lite Pace ♦
9.20am	BodyPump
10.40am	Les Mills Tone ♦
12.00pm	Fab Strength ♦
6.30pm	Zumba

Fitness Studio

8.05am	Fab Strength Plus ♦
9.30am	HIIT
10.45am	LM Functional Strength
6.25pm	HIIT

Wellness Studio

8.15am	Stretch & Stabilise ♦
9.25am	Pilates ♦
10.50am	Yoga Release ♦
12:05pm	Les Mills Shapes
1.45pm	Pilates ♦
6.10pm	Yoga Release

Aqua

8.10am	Aqua ♦②
9.30am	Outdoor Aqua ♦
11.00am	Warm Water Aqua ♦
12.00pm	Warm Water Aqua ♦

Walk-Coffee ♦

9.30am	Meet at reception
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Cycle Studio

9.30am	RPM
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• Aqualink Nunawading

Studio 1

8.05am	Fab Strength Plus ♦
9.15am	BodyPump
10.40am	Fab Strength ♦
11.45am	Stretch Express ♦
12.05pm	Zumba Gold ♦
6.30pm	BodyPump

Studio 2

8.10am	Les Mills Shapes
9.20am	BodyBalance ♦
10.45am	Yoga Fusion ♦
12.00am	Pilates ♦
6.00pm	Pilates

Aqua

8.15am	Aqua ♦
9.30am	Aqua ♦
10.40pm	Aqua Zumba ♦

• Centre opening hours 8.00am - 8.00pm

- ♦ Combined Regular Members
plus Fab Living Members
- ② Change to regular
scheduled start time

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