

# Australia Day Public Holiday

Monday 26 January, 2026  
Group Fitness timetable

## • Aqualink Box Hill

### Group Fitness Studio

8.10am	Zumba Gold ♦
9.20am	BodyPump
10.40am	Les Mills Tone ♦
12.00pm	Zumba ♦
6.00pm	BodyPump

### Fitness Studio

9.30am	HIIT
10.45am	Fab Strength Plus ♦
5.15pm	HIIT
6.25pm	HIIT

### Wellness Studio

9.25am	Yoga Flow ♦
10.50am	Stretch & Stabilise ♦
12.05pm	Yoga Release ♦
1.45pm	Pilates
6.10pm	Pilates

### Aqua

⌚ 8.10am	Aqua Zumba ♦
9.30am	Aqua ♦
11.00am	Deep Water Aqua ♦
12.30pm	Warm Water Aqua ♦
1.30pm	Warm Water Aqua ♦

### \* Reformer Pilates

8.15am	Foundation
9.15am	Essentials
10.15am	Foundation
12.15pm	Essentials
⌚ 5.00pm	Foundation
⌚ 6.00pm	Essentials
⌚ 7.00pm	Foundation

## • Aqualink Nunawading

### Studio 1

⌚ 8.10am	Fab Circuit ♦
9.15am	BodyPump
10.40am	Zumba ♦
12.05pm	Fab Strength ♦
6.30pm	HIIT

### Studio 2

9.20am	Fab Pilates ♦
10.45am	Yoga Flow ♦
12.00pm	Stretch & Stabilise ♦
1.10pm	Meditation ♦
6.00pm	Yoga Fusion

### Aqua

8.45am	Aqua ♦
10.40am	Aqua ♦
12.00pm	Aqua ♦
6.30pm	AquaFit ♦

♦ ♦ Fab Living Members & Regular Members (combined)

⌚ Change to regular scheduled start time

\* Total Fitness Plus Members only

👉 Visit [aqualink.com.au](https://aqualink.com.au)

• Centre opening hours  
8.00am - 8.00pm