

Easter Monday Group Fitness

Monday 21 April, 2025 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 Boxing Fitness

5.15pm HIIT 6.25pm HIIT

Wellness Studio

9.25am Yoga Flow ◆
10.50am Stretch & Stabilise ◆
12:05pm Yoga Release ◆
110pm Maditation Mamant

1.10pm Meditation Moment ◆

1.45pm Pilates ◆6.10pm Pilates

Aqua

8.10am Aqua Zumba ◆ ②

9.30am Aqua ◆

11.00am Deep Water Aqua ◆12.30pm Warm Water Aqua ◆1.30pm Warm Water Aqua ◆

Cycle Studio

6.30pm RPM

Aqualink Nunawading

Studio 1

8.05am Fab Circuit ◆
9.15am BodyPump
10.40am Zumba ◆
12.05pm Fab Strength ◆

6.30pm HIIT

Studio 2

8.10am Stretch & Stabilise ◆
9.20am Fab Pilates ◆
10.45am BodyBalance ◆
12.00pm Stretch & Stabilise ◆
1.10pm Meditation Moment ◆

Yoga Fusion

6.00pm

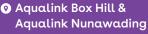
Visit aqualink.com.au

Centre opening hours8.00am - 8.00pm

· CENTRE CLOSED Good Friday 18 April

- Combined Regular Members plus Fab Living Members
- ① Change to regular scheduled start time





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