

Melbourne Cup Public Holiday

Tuesday 4 November, 2025
Group Fitness timetable

• Aqualink Box Hill

Group Fitness Studio

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

Fitness Studio

9.30am	Boxing Fitness
10.45am	HIIT
6.25pm	HIIT

Wellness Studio

9.25am	Pilates ♦
10.50am	Tai Chi ♦
12.05pm	Stretch & Stabilise ♦
6.10pm	Yoga Release

Aqua

⌚ 8.10am	Aqua ♦
9.30am	Outdoor Aqua ♦
11.00am	Deep Water Aqua ♦

Reformer Pilates *

8.15am	Essentials
9.15am	Foundation
10.15am	Essentials
11.15am	Power Moves
⌚ 6.00pm	Foundation
⌚ 7.00pm	Essentials

• Aqualink Nunawading

Studio 1

8.05am	Fab Strength ♦
9.15am	Cycle Express ♦
10.00am	Core Express
10.40am	Step Aerobics ♦
6.30pm	BodyPump

Studio 2

9.20am	Pilates ♦
10.45am	Yoga Flow ♦
12.00pm	Gentle Exercise ♦
6.00pm	Stretch & Stabilise

Aqua

8.15am	Aqua ♦
9.30am	Deep Water Aqua ♦
6.30pm	Deep Water Aqua ♦

• Centre opening hours 8.00am - 8.00pm

👉 Visit aqualink.com.au

♦ Combined Regular Members plus Fab Living Members

⌚ Change to regular scheduled start time

* Total Fitness Plus Members only