

Aqualink Box Hill

Group Fitness 12 Jan - 8 Feb 2026

◆ Combined Regular Members plus Fab Living Members

⌚ New time

▼ Walk-Coffee - departs from cafe-foyer

* ACE (Aqualink Class Experience) Limited time only.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqualink Box Hill Group Fitness Studio						
BODYPUMP 6.10-6.55am	HIIT 6.10-6.55am	HIIT 6.10-6.55am	BODYPUMP 6.10-6.55am	HIIT 6.10-6.55am	BODYCOMBAT 8.15-9.15am	BODYPUMP 8.15-9.15am
ZUMBA GOLD 8.10-9.05am ◆	FAB STRENGTH 8.10-9.05am ◆	LITE PACE 8.10-9.05am ◆	FAB STRENGTH 7.45-8.40am ◆	FAB STRENGTH PLUS 8.10-9.05am ◆	BODYPUMP 9.25-10.25am	BODYCOMBAT 9.25-10.25am
BODYPUMP 9.20-10.20am	ZUMBA 9.20-10.15am ◆	BODYPUMP 9.20-10.20am	ZUMBA 9.20-10.15am ◆	BODYPUMP 9.20-10.20am	ZUMBA 10.40-11.35am	BODYPUMP 4.15-5.15pm
LES MILLS TONE 10.40-11.25am ◆	BODYPUMP 10.40-11.40am	ZUMBA 10.40-11.35am ◆	BODYPUMP 10.40-11.40am	WALK-COFFEE ▼ 9.30-10.25am ◆		
ZUMBA 12.00-12.55pm ◆	FAB STRENGTH 12.00-12.55pm ◆	BODYCOMBAT 6.00-7.00pm	BODYPUMP 6.00-7.00pm	LES MILLS TONE 10.40-11.25am ◆		
BODYPUMP 6.00-7.00pm	LES MILLS TONE 6.00-6.45pm	BODYPUMP 7.10-8.10pm	ZUMBA 7.10-8.05pm	FAB STRENGTH 12.00-12.55pm ◆		
BODYATTACK 7.10-8.10pm	ZUMBA 7.10-8.05pm			ZUMBA 6.30-7.25pm		
	BODYPUMP 8.20-9.05pm					
Aqualink Box Hill Fitness Studio						
LM STRENGTH DEVELOPMENT 6.15-7.00am	BOXING FITNESS 9.30-10.25am	HIIT 9.30-10.25am	HIIT 9.30-10.25am	CORE EXPRESS 8.30-9.00am	BOXING FITNESS 8.25-9.20am	HIIT 8.25-9.20am
HIIT 9.30-10.25am	HIIT 10.45-11.40am	LM STRENGTH DEVELOPMENT 10.45-11.30am	FAB STRENGTH PLUS 10.45-11.40am ◆	HIIT 9.30-10.25am	HIIT 9.30-10.25am	BOXING FITNESS 9.30-10.25am
FAB STRENGTH PLUS 10.45-11.40am ◆	ACE * BOXING FITNESS	HIIT 6.25-7.20pm	STRETCH EXPRESS 5.15-6.10pm	LM STRENGTH DEVELOPMENT 10.45-11.30am	LM STRENGTH DEVELOPMENT 10.45-11.30am	
HIIT 5.15-6.10pm		LM STRENGTH DEVELOPMENT 6.40-7.30pm	HIIT 6.25-7.20pm	HIIT 6.25-7.20pm		
HIIT 6.25-7.20pm						
Aqualink Box Hill Wellness Studio						
YOGA FLOW 9.25-10.20am ◆	PILATES 9.25-10.20am ◆	YOGA FUSION 6.15-7.00am	PILATES 8.15-9.10am ◆	ACE * LES MILLS SHAPES 6.15-7.00am	PILATES 8.10-9.05am	YOGA FUSION 8.10-9.05am
STRETCH & STABILISE 10.50-11.45am ◆	TAI CHI 10.50-11.45am ◆	YOGA FUSION 9.25-10.20am ◆	TAI CHI 9.25-10.20am ◆	STRETCH & STABILISE 8.15-9.10am ◆	PILATES 9.15-10.10am	PILATES 9.15-10.10am ◆
YOGA RELEASE 12.05-1.00pm ◆	STRETCH & STABILISE 12.05-1.00pm ◆	PILATES 10.50-11.45am ◆	GENTLE EXERCISE 10.50-11.45am ◆	PILATES 9.25-10.20am ◆	STRETCH & STABILISE 10.30-11.25am	STRETCH & STABILISE 10.30-11.25am ◆
PILATES 1.45-2.40pm ◆	GENTLE EXERCISE 1.45-2.40pm ◆	MEDITATION 12.05-1.00pm ◆	PILATES 12.05-1.00pm ◆	YOGA RELEASE 10.50-11.45am ◆	YOGA FUSION 11.35am-12.30pm	PILATES 4.30-5.25pm ◆
PILATES 6.10-7.05pm	YOGA RELEASE 6.10-7.05pm	STRETCH & STABILISE 1.45-2.40pm ◆	BODYBALANCE 6.10-7.10pm	LES MILLS SHAPES 12.05-12.50pm	PILATES 4.30-5.25pm ◆	
YOGA FLOW 7.15-8.10pm	LES MILLS SHAPES 7.15-8.00pm	YOGA FUSION 6.10-7.05pm	PILATES 7.15-8.10pm	PILATES 1.45-2.40pm ◆	YOGA RELEASE 6.10-7.05pm	
	YOGA FLOW 8.20-9.15pm	PILATES 7.15-8.10pm	YOGA FUSION 8.20-9.15pm	ACE * STRETCH & STABILISE 7.15-8.10pm		
Aqualink Box Hill Cycle Studio		For Virtual cycle classes visit aqualink.com.au				
RPM 6.30-7.15pm	RPM 6.15-7.00am	CYCLE 9.30-10.25am ◆	RPM 6.15-7.00am	ACE * RPM 6.15-7.00am	CYCLE 8.20-9.15am ◆	CYCLE 9.30-10.25am ◆
				RPM 9.30-10.15am	RPM 9.30-10.15am	
Aqualink Box Hill Aqua ◆ Access to all regular Group Fitness Members plus Fab Living Members						
AQUA-ZUMBA 8.00-8.45am ◆	AQUA 8.00-8.45am ◆	AQUA 8.00-8.45am ◆	AQUA 9.30-10.15am ◆	AQUA 8.00-8.45am ◆	DEEP WATER AQUA 8.10-8.55am ◆	
AQUA 9.30-10.15am ◆	OUTDOOR AQUA 9.30-10.15am ◆	DEEP WATER AQUA 9.30-10.15am ◆	DEEP WATER AQUA 11.00-11.45am ◆	OUTDOOR AQUA 9.30-10.15am ◆	DEEP WATER AQUA 9.10-9.55am ◆	
DEEP WATER AQUA 11.00-11.45am ◆	DEEP WATER AQUA 11.00-11.45am ◆	WARM WATER AQUA 11.00-11.45am ◆	WARM WATER AQUA 12.30-1.15pm ◆	WARM WATER AQUA 11.00-11.45am ◆	WARM WATER AQUA 12.00-12.45pm ◆	
WARM WATER AQUA 12.30-1.15pm ◆		WARM WATER AQUA 12.00-12.45pm ◆	DEEP WATER AQUA 8.05-8.50pm ◆	WARM WATER AQUA 12.00-12.45pm ◆	WARM WATER AQUA 12.00-12.45pm ◆	
WARM WATER AQUA 1.30-2.15pm ◆		AQUA-ZUMBA 7.35-8.20pm ◆				
AQUAFIT 7.10-7.55pm ◆						
DEEP WATER AQUA 8.05-8.50pm ◆						



Find us on Facebook
aqualink.com.au

Aqualink Box Hill

Surrey Drive,
Box Hill VIC 3128
9843 2900

Aqualink Nunawading

Fraser Place,
Forest Hill VIC 3131
9878 4576

Aqualink Nunawading Group Fitness 12 Jan - 8 Feb 2026

◆ Combined Regular Members plus Fab Living Members
 ⚡ New time
 ▼ Walk-Coffee departs from reception-foyer
 ★ ACE (Aqualink Class Experience) Limited time only.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqualink Nunawading Studio 1						
LES MILLS CORE 6.10-6.55am	HIIT 6.10-6.55am	BODYSTEP 6.10-6.55am	BODYPUMP 6.10-6.55am	SPRINT 6.10-6.40am	LES MILLS TONE 8.10-8.55am	CYCLE 8.15-9.10am
FAB CIRCUIT 8.05-9.00am ◆	FAB STRENGTH 8.05-9.00am ◆	LITE PACE 8.05-9.00am ◆	FAB CIRCUIT 8.05-9.00am ◆	FAB STRENGTH 8.05-9.00am ◆	CYCLE 9.15-10.10am	BODYSTEP 9.30-10.30am
BODYPUMP 9.15-10.15am	CYCLE EXPRESS ◆ 9.15-9.45am	GYMSTICK 9.15-10.00am ◆	CYCLE 9.15-10.10am	BODYPUMP 9.15-10.15am	BODYPUMP 10.30-11.30am	BODYSTEP 4.15-5.15pm
ZUMBA 10.40-11.35am ◆	CORE EXPRESS 10.00-10.30am	WALK-COFFEE ▼ 9.30-10.25am ◆	LES MILLS TONE 10.40-11.25am ◆	FAB STRENGTH 10.40-11.35am ◆	ZUMBA 12.05-1.00pm	
FAB STRENGTH 12.05-1.00pm ◆	STEP AEROBICS 10.40-11.35am	BODYPUMP 10.40-11.40am	ZUMBA GOLD 12.05-1.00pm ◆	ZUMBA GOLD 12.05-1.00pm	BODYPUMP 6.30-7.30pm	
HIIT 6.30-7.25pm	BODYPUMP 6.30-7.30pm	FAB STRENGTH PLUS 12.05-1.00pm ◆	LM STRENGTH DEVELOPMENT 5.30pm-6.15pm			
BODYPUMP 7.40-8.40pm	BODYSTEP 7.40-8.40pm	LES MILLS CORE 5.50-6.20pm	BODYATTACK 6.30-7.30pm			
		BODYSTEP 6.30-7.30pm	ZUMBA 7.40-8.35pm			
		RPM 7.40-8.25pm				
Aqualink Nunawading Studio 2						
FAB PILATES 9.20-10.15am ◆	STRETCH & STABILISE 7.00-7.55am ◆	STRETCH & STABILISE ◆ 9.20-10.15am ◆	PILATES 8.10-9.05am ◆	YOGA RELEASE 7.00-7.55am ◆	PILATES 8.15-9.10am ◆	HIIT 8.15-9.10am
BODYBALANCE 10.45-11.45am ◆	PILATES 9.20-10.15am ◆	PILATES 10.45-11.40am ◆	STRETCH & STABILISE 9.20-10.15am ◆	BODYBALANCE ⚡ 9.30-10.30am ◆	LES MILLS CORE 9.30-10.15am	YOGA FLOW 9.30-10.25am ◆
STRETCH & STABILISE 12.00-12.55pm ◆	YOGA FLOW 10.45-11.40am ◆	PILATES 6.25-7.20pm	TAI CHI 10.45-11.40am ◆	YOGA FUSION 10.45-11.40am ◆	YOGA RELEASE 10.45-11.40am	ACE ★ LES MILLS SHAPES
MEDITATION MOMENT 1.10-1.40pm ◆	GENTLE EXERCISE 12.00-12.55pm ◆	LM STRENGTH DEVELOPMENT 7.40-8.25pm	YOGA FUSION 6.00-6.55pm ◆	PILATES 12.00-12.55pm ◆	YOGA FLOW ◆ 3.00-3.55pm	10.45-11.30am
YOGA FUSION 6.00-6.55pm	STRETCH & STABILISE 6.00-6.55pm			PILATES 6.00-6.55pm ◆		BODYBALANCE 5.30-6.30pm ◆
PILATES 7.15-8.10pm	BODYBALANCE 7.15-8.15pm					
Aqualink Nunawading Aqua ◆ Access to all regular Group Fitness Members plus Fab Living Members						
AQUA 8.45-9.30am ◆	AQUA 8.15-9.00am ◆	AQUA 8.15-9.00am ◆	AQUA 8.45-9.30am ◆	AQUA 8.15-9.00am ◆		AQUA 9.00-9.45am ◆
AQUAFIT 10.40-11.25am ◆	DEEP WATER AQUA 9.30-10.15am ◆	AQUAFIT 9.30-10.15am ◆	AQUA 10.40-11.25am ◆	AQUA 9.30-10.15am ◆	AQUA-ZUMBA 10.40-11.25am ◆	AQUA 10.00-10.45am ◆
AQUA 12.00-12.45pm ◆	DEEP WATER AQUA 6.30-7.15pm ◆	AQUAFIT 7.00-7.45pm ◆				
AQUAFIT 6.30-7.15pm ◆						
DEEP WATER AQUA 7.30-8.15pm ◆						

To book your class and descriptions, visit aqualink.com.au



- As a condition of entry to all Group Fitness classes, participants must book through the Aqualink Client Portal or reception as class limits apply.
- Please arrive at least 5 minutes prior to the class start time. Participants will not be admitted into group fitness classes after the class has commenced.
- If you are unable to attend, please cancel your booking through the Aqualink Client Portal or reception at least 2 hours prior so those on the waiting list can be notified.
- Participants must bring a mat, towel and water bottle to every class. Please bring a blanket for Yoga, Meditation, BodyBalance and Pilates.
- Please refer to the Aqualink Client Portal for most up to date class information. Classes may change without notice.
- Place your personal belongings and bags in a locker or in-studio pigeon holes.
- Walk-Coffee classes are available to all Aqualink members and casuals. Please meet at reception.
- For outdoor classes we recommend that you are sun smart and wear a hat, sunglasses and sunscreen. Outdoor classes may be cancelled in extreme weather conditions.
- Aqua participants must collect a wrist band from reception prior to each aqua class, to gain entry into the class.
- Boxing Fitness classes participants must bring their own wraps/inners.
- Participants must be at least high school age to attend all group fitness classes.



► aqualink.com.au
 ► [Find us on Facebook](#)

Aqualink Box Hill

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