

Aqualink Box Hill

Group Fitness

Effective from 9 Feb 2026

- Combined Regular Members plus Fab Living Members
- New time
- Walk-Coffee & Run Club - 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 LITE PACE 8.10-9.05am NEW BODYPUMP 9.20-10.20am LM TONE 10.40-11.25am ZUMBA 12.00-12.55pm BODYPUMP 6.00-7.00pm BODYATTACK 7.10-8.10pm	HIIT 6.10-6.55am FAB STRENGTH 8.10-9.05am ZUMBA 9.20-10.15am BODYPUMP 10.40-11.40am FAB STRENGTH 12.00-12.55pm LM TONE 6.00-6.45pm ZUMBA 7.10-8.05pm BODYPUMP 8.20-9.05pm	HIIT 6.10-6.55am LITE PACE 8.10-9.05am BODYPUMP 9.20-10.20am ZUMBA 10.40-11.35am LM THRIVE 12.00-12.45pm NEW BODYCOMBAT 6.00-7.00pm RUN CLUB NEW 6.15-7.00pm BODYPUMP 7.10-8.10pm	BODYPUMP 6.10-6.55am FAB STRENGTH 7.45-8.40am ZUMBA 9.20-10.15am BODYPUMP 10.40-11.40am BODYPUMP 6.00-7.00pm ZUMBA 7.10-8.05pm	HIIT 6.10-6.55am RUN CLUB NEW 6.15-7.00am FAB STRENGTH PLUS 8.10-9.05am BODYPUMP 9.20-10.20am WALK-COFFEE NEW 9.30-10.25am LM TONE 10.40-11.25am FAB STRENGTH 12.00-12.55pm ZUMBA 6.30-7.25pm	BODYCOMBAT 8.15-9.15am BODYPUMP 9.25-10.25am ZUMBA 10.40-11.35am	BODYPUMP 8.15-9.15am BODYCOMBAT 9.25-10.25am BODYPUMP 4.15-5.15pm
Aqualink Box Hill Fitness Studio						
LM STRENGTH DEVELOPMENT 6.15-7.00am HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ACE NEW BOXING FITNESS 5.15-6.10pm HIIT 6.30-7.25pm	BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.30-7.25pm BOXING FITNESS 7.40-8.35pm	HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am LM STRENGTH DEVELOPMENT 6.40-7.25pm	HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am STRETCH EXPRESS 12.00-12.30pm HIIT 6.30-7.25pm	CORE EXPRESS 8.30-9.00am HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am HIIT 6.30-7.25pm	BOXING FITNESS 8.25-9.20am HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am	HIIT 8.25-9.20am BOXING FITNESS 9.30-10.25am
Aqualink Box Hill Wellness Studio						
ZUMBA GOLD NEW 8.15-9.10am YOGA FLOW 9.25-10.20am STRETCH & STABILISE 10.50-11.45am YOGA RELEASE 12.05-1.00pm PILATES - MAT 1.45-2.40pm PILATES - MAT 6.10-7.05pm YOGA FLOW 7.15-8.10pm	LM THRIVE NEW 8.15-9.00am PILATES - MAT 9.25-10.20am TAI CHI 10.50-11.45am STRETCH & STABILISE 12.05-1.00pm GENTLE EXERCISE 1.45-2.40pm YOGA RELEASE 6.10-7.05pm LM SHAPES 7.15-8.00pm YOGA FLOW 8.20-9.15pm	YOGA FUSION 6.15-7.00am YOGA FUSION 9.25-10.20am PILATES - MAT 10.50-11.45am MEDITATION 12.05-1.00pm STRETCH & STABILISE 1.45-2.40pm YOGA FUSION 6.10-7.05pm PILATES - MAT 7.15-8.10pm YOGA RELEASE 8.20-9.15pm	PILATES - MAT 8.15-9.10am TAI CHI 9.25-10.20am GENTLE EXERCISE 10.50-11.45am PILATES MAT 12.05-1.00pm YOGA FLOW NEW 6.10-7.05pm PILATES - MAT 7.15-8.10pm YOGA FUSION 8.20-9.15pm	LM SHAPES 6.15-7.00am STRETCH & STABILISE 8.15-9.10am PILATES MAT 9.25-10.20am YOGA RELEASE 10.50-11.45am LM SHAPES 12.05-12.50pm PILATES - MAT 1.45-2.40pm YOGA RELEASE 6.10-7.05pm STRETCH & STABILISE 7.15-8.10pm	PILATES - MAT 8.10-9.05am YOGA FLOW 9.15-10.10am STRETCH & STABILISE 10.30-11.25am YOGA FUSION 11.35am-12.30pm PILATES - MAT 4.30-5.25pm	YOGA FUSION 8.10-9.05am PILATES - MAT 9.15-10.10am STRETCH & STABILISE 10.30-11.25am PILATES - MAT 4.30-5.25pm
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 NEW RPM 6.15-7.00am RPM 9.30-10.15am	CYCLE 8.20-9.15am RPM 9.30-10.15am	CYCLE 9.30-10.25am
Aqualink Box Hill Aqua Access to all regular Group Fitness Members plus Fab Living Members						
AQUA-ZUMBA 8.00-8.45am AQUA 9.30-10.15am DEEP WATER AQUA 11.00-11.45am WARM WATER AQUA 12.30-1.15pm WARM WATER AQUA 1.30-2.15pm AQUAFIT 7.10-7.55pm DEEP WATER AQUA 8.05-8.50pm	AQUA 8.00-8.45am OUTDOOR AQUA 9.30-10.15am DEEP WATER AQUA 11.00-11.45am	AQUA 8.00-8.45am DEEP WATER AQUA 9.30-10.15am WARM WATER AQUA 11.00-11.45am WARM WATER AQUA 12.00-12.45pm AQUA-ZUMBA 7.35-8.20pm	AQUA 9.30-10.15am DEEP WATER AQUA 11.00-11.45am WARM WATER AQUA 12.30-1.15pm DEEP WATER AQUA 8.05-8.50pm	AQUA 8.00-8.45am OUTDOOR AQUA 9.30-10.15am WARM WATER AQUA 11.00-11.45am WARM WATER AQUA 12.00-12.45pm	DEEP WATER AQUA 8.10-8.55am DEEP WATER AQUA 9.10-9.55am	



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

Effective from 9 Feb 2026

- ◆ Combined Regular Members plus Fab Living Members
- ② New time
- ▼ Walk-Coffee & Run Club - departs from reception-foyer
- ★ ACE (Aqualink Class Experience) Limited time only.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqualink Nunawading Studio 1						
LM CORE 6.10-6.55am RUN CLUB ▼ NEW 6.15-7.00am FAB CIRCUIT 8.05-9.00am ◆ BODYPUMP 9.15-10.15am ZUMBA 10.40-11.35am ◆ FAB STRENGTH 12.05-1.00pm ◆ HIIT 6.30-7.25pm BODYPUMP 7.40-8.40pm	HIIT 6.10-6.55am FAB STRENGTH 8.05-9.00am ◆ CYCLE EXPRESS ◆ 9.15-9.45am CORE EXPRESS 10.00-10.30am STEP AEROBICS 10.40-11.35am BODYPUMP 6.30-7.30pm RPM NEW 7.40-8.25pm	BODYSTEP 6.10-6.55am LITE PACE 8.05-9.00am ◆ ACE ★ HIIT NEW 9.15-10.10am WALK-COFFEE ▼ 9.30-10.25am ◆ BODYPUMP 10.40-11.40am FAB STRENGTH PLUS 12.05-1.00pm ◆ LM CORE 5.50-6.20pm BODYSTEP 6.30-7.30pm LM STRENGTH DEVELOPMENT NEW 7.40-8.25pm	BODYPUMP 6.10-6.55am FAB CIRCUIT 8.05-9.00am ◆ CYCLE 9.15-10.10am LM TONE 10.40-11.25am ◆ ZUMBA GOLD 12.05-1.00pm ◆ LM STRENGTH DEVELOPMENT 5.30pm-6.15pm BODYATTACK 6.30-7.30pm ZUMBA 7.40-8.35pm	LM STRENGTH DEVELOPMENT NEW 6.10-6.55am FAB STRENGTH PLUS 8.05-9.00am ◆ BODYPUMP 9.15-10.15am FAB STRENGTH 10.40-11.35am ◆ ZUMBA GOLD 12.05-1.00pm ◆ BODYPUMP 6.30-7.30pm	LM TONE 8.10-8.55am CYCLE 9.15-10.10am BODYPUMP 10.30-11.30am BODYPUMP 4.15-5.15pm	CYCLE 8.15-9.10am BODYSTEP 9.30-10.30am BODYSTEP 4.15-5.15pm
Aqualink Nunawading Studio 2						
PILATES - MAT ◆ NEW 9.20-10.15am ACE ★ LM THRIVE NEW 10.45-11.30am ◆ STRETCH & STABILISE 12.00-12.55pm ◆ MEDITATION MOMENT 1.10-1.40pm ◆ YOGA FUSION 6.00-6.55pm PILATES - MAT 7.15-8.10pm	PILATES STRETCH - MAT NEW 7.00-7.55am ◆ PILATES - MAT 9.20-10.15am ◆ YOGA FLOW 10.45-11.40am ◆ GENTLE EXERCISE 12.00-12.55pm ◆ STRETCH & STABILISE 6.00-6.55pm BODYBALANCE 7.15-8.15pm	STRETCH & STABILISE 9.20-10.15am ◆ PILATES - MAT 10.45-11.40am ◆ PILATES - MAT 6.25-7.20pm ACE ★ LM SHAPES NEW 7.35-8.20pm	PILATES - MAT 8.10-9.05am ◆ STRETCH & STABILISE 9.20-10.15am ◆ TAI CHI 10.45-11.40am ◆ ACE ★ LM THRIVE NEW 12.00-12.45pm ◆ YOGA FUSION 6.00-6.55pm	YOGA RELEASE 7.00-7.55am ◆ BODYBALANCE 9.30-10.30am ◆ ② YOGA FUSION 10.45-11.40am ◆ PILATES - MAT 12.00-12.55pm ◆ PILATES - MAT 6.00-6.55pm ◆	PILATES - MAT 8.15-9.10am ◆ LM CORE 9.30-10.15am YOGA RELEASE 10.45-11.40am YOGA FLOW ◆ 3.00-3.55pm	HIIT 8.15-9.10am YOGA FLOW 9.30-10.25am ◆ ACE ★ LM SHAPES 10.45-11.30am BODYBALANCE 5.30-6.30pm ◆
Aqualink Nunawading Aqua ◆ Access to all regular Group Fitness Members plus Fab Living Members						
AQUA 8.45-9.30am ◆ AQUAFIT 10.40-11.25am ◆ AQUA 12.00-12.45pm ◆ AQUAFIT 6.30-7.15pm ◆ DEEP WATER AQUA 7.30-8.15pm ◆	AQUA 8.15-9.00am ◆ DEEP WATER AQUA 9.30-10.15am ◆ DEEP WATER AQUA 6.30-7.15pm ◆	AQUA 8.15-9.00am ◆ AQUAFIT 9.30-10.15am ◆ AQUAFIT 7.00-7.45pm ◆	AQUA 8.45-9.30am ◆ AQUA 10.40-11.25am ◆	AQUA 8.15-9.00am ◆ AQUA 9.30-10.15am ◆ AQUA-ZUMBA 10.40-11.25am ◆		AQUA 9.00-9.45am ◆ AQUA 10.00-10.45am ◆

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/innings.
- Participants must be at least high school age to attend all group fitness classes.



► aqualink.com.au
 ⑆ Find us on Facebook

Aqualink Box Hill
 ⑨ Surrey Drive,
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 ☎ 9843 2900

Aqualink Nunawading
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