

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 | 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 |
| LITE PACE 8.10-9.05am ◆ NEW | FAB STRENGTH 8.10-9.05am ◆ | LITE PACE 8.10-9.05am ◆ | FAB STRENGTH 7.45-8.40am ◆ | RUN CLUB ▼ NEW 6.15-7.00am | 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 ◆ | FAB STRENGTH PLUS 8.10-9.05am ◆ | ZUMBA 10.40-11.35am | BODYPUMP 4.15-5.15pm |
| LM TONE 10.40-11.25am ◆ | BODYPUMP 10.40-11.40am | ZUMBA 10.40-11.35am ◆ | BODYPUMP 10.40-11.40am | BODYPUMP 9.20-10.20am | | |
| ZUMBA 12.00-12.55pm ◆ | FAB STRENGTH 12.00-12.55pm ◆ | LM THRIVE 12.00-12.45pm ◆ NEW | BODYPUMP 6.00-7.00pm | WALK-COFFEE ▼ 9.30-10.25am ◆ | | |
| BODYPUMP 6.00-7.00pm | LM TONE 6.00-6.45pm | BODYCOMBAT 6.00-7.00pm | ZUMBA 7.10-8.05pm | LM TONE 10.40-11.25am ◆ | | |
| BODYATTACK 7.10-8.10pm | ZUMBA 7.10-8.05pm | RUN CLUB ▼ NEW 6.15-7.00pm | | FAB STRENGTH 12.00-12.55pm ◆ | | |
| | BODYPUMP 8.20-9.05pm | BODYPUMP 7.10-8.10pm | | ZUMBA 6.30-7.25pm | | |

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| 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 HIIT 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 ◆ | ⌚ BOXING FITNESS 7.40-8.35pm | HIIT 6.40-7.25pm | STRETCH EXPRESS 12.00-12.30pm ◆ | LM STRENGTH DEVELOPMENT 10.45-11.30am | | |
| ACE * BOXING FITNESS NEW 5.15-6.10pm | | | HIIT 6.30-7.25pm ◆ | HIIT 6.30-7.25pm ◆ | | |
| HIIT 6.30-7.25pm ◆ | | | | | | |

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| Aqualink Box Hill Wellness Studio | | | | | | |
| ZUMBA GOLD 8.15-9.10am ◆ NEW | LM THRIVE 8.15-9.00am ◆ NEW | YOGA FUSION 6.15-7.00am | PILATES - MAT 8.15-9.10am ◆ | LM SHAPES 6.15-7.00am | PILATES - MAT 8.10-9.05am | YOGA FUSION 8.10-9.05am |
| YOGA FLOW 9.25-10.20am ◆ | PILATES - MAT 9.25-10.20am ◆ | YOGA FUSION 9.25-10.20am ◆ | TAI CHI 9.25-10.20am ◆ | STRETCH & STABILISE 8.15-9.10am ◆ | YOGA FLOW 9.15-10.10am | PILATES - MAT 9.15-10.10am ◆ |
| STRETCH & STABILISE 10.50-11.45am ◆ | TAI CHI 10.50-11.45am ◆ | PILATES - MAT 10.50-11.45am ◆ | GENTLE EXERCISE 10.50-11.45am ◆ | PILATES MAT 10.50-11.45am ◆ | STRETCH & STABILISE 10.30-11.25am | STRETCH & STABILISE 10.30-11.25am ◆ |
| YOGA RELEASE 12.05-1.00pm ◆ | STRETCH & STABILISE 12.05-1.00pm ◆ | MEDITATION 12.05-1.00pm ◆ | PILATES MAT 12.05-1.00pm ◆ | YOGA RELEASE 10.50-11.45am ◆ | YOGA FUSION 11.35am-12.30pm | PILATES - MAT 4.30-5.25pm ◆ |
| PILATES - MAT 1.45-2.40pm ◆ | GENTLE EXERCISE 1.45-2.40pm ◆ | STRETCH & STABILISE 1.45-2.40pm ◆ | YOGA FLOW 6.10-7.05pm NEW | LM SHAPES 12.05-12.50pm | | |
| PILATES - MAT 6.10-7.05pm | YOGA RELEASE 6.10-7.05pm | YOGA FUSION 6.10-7.05pm | PILATES - MAT 7.15-8.10pm | PILATES - MAT 1.45-2.40pm ◆ | | |
| YOGA FLOW 7.15-8.10pm | LM SHAPES 7.15-8.00pm | PILATES - MAT 7.15-8.10pm | YOGA FUSION 8.20-9.15pm | YOGA RELEASE 6.10-7.05pm | | |
| | YOGA FLOW 8.20-9.15pm | YOGA RELEASE 8.20-9.15pm | | STRETCH & STABILISE 7.15-8.10pm | | |

| Aqualink Box Hill Cycle Studio | For Virtual cycle classes visit aqualink.com.au |
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| 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 |
| | RPM 9.30-10.15am |
| | CYCLE 8.20-9.15am ◆ |
| | RPM 9.30-10.15am |

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| 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 ◆ | 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 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 12.00-12.45pm ◆ |
| WARM WATER AQUA 12.30-1.15pm ◆ | | WARM WATER AQUA 12.00-12.45pm ◆ | DEEP WATER AQUA 8.05-8.50pm ◆ | | | |
| WARM WATER AQUA 1.30-2.15pm ◆ | | AQUA-ZUMBA 7.35-8.20pm ◆ | | | | |
| AQUAFIT 7.10-7.55pm ◆ | | | | | | |
| DEEP WATER AQUA 8.05-8.50pm ◆ | | | | | | |



aqualink

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
- ⌚ 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 | HIIT 6.10-6.55am | BODYSTEP 6.10-6.55am | BODYPUMP 6.10-6.55am | LM STRENGTH DEVELOPMENT 6.10-6.55am | LM TONE 8.10-8.55am | CYCLE 8.15-9.10am |
| RUN CLUB ▼ 6.15-7.00am | 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 |
| FAB CIRCUIT 8.05-9.00am ♦ | CYCLE EXPRESS ♦ 9.15-9.45am | ACE * HIIT 9.15-10.10am | CYCLE 9.15-10.10am | LM TONE 10.40-11.25am ♦ | BODYPUMP 10.30-11.30am | BODYSTEP 4.15-5.15pm |
| BODYPUMP 9.15-10.15am | CORE EXPRESS 10.00-10.30am | WALK-COFFEE ▼ 9.30-10.25am ♦ | BODYPUMP 10.40-11.40am | ZUMBA GOLD 12.05-1.00pm ♦ | ZUMBA GOLD 12.05-1.00pm ♦ | |
| ZUMBA 10.40-11.35am ♦ | STEP AEROBICS 10.40-11.35am | FAB STRENGTH PLUS 12.05-1.00pm ♦ | LM STRENGTH DEVELOPMENT 5.30pm-6.15pm | BODYATTACK 6.30-7.30pm | BODYPUMP 6.30-7.30pm | |
| FAB STRENGTH 12.05-1.00pm ♦ | BODYPUMP 6.30-7.30pm | LM CORE 5.50-6.20pm | BODYATTACK 6.30-7.30pm | ZUMBA 7.40-8.35pm | | |
| HIIT 6.30-7.25pm | RPM 7.40-8.25pm | LM STRENGTH DEVELOPMENT 7.40-8.25pm | | | | |
| Aqualink Nunawading Studio 2 | | | | | | |
| PILATES - MAT 9.20-10.15am ♦ | PILATES STRETCH - MAT ♦ 7.00-7.55am ♦ | STRETCH & STABILISE ♦ 9.20-10.15am ♦ | PILATES - MAT 8.10-9.05am ♦ | YOGA RELEASE 7.00-7.55am ♦ | PILATES - MAT 8.15-9.10am ♦ | HIIT 8.15-9.10am |
| ACE * LM THRIVE ♦ 10.45-11.30am ♦ | PILATES - MAT 9.20-10.15am ♦ | PILATES - MAT 10.45-11.40am ♦ | STRETCH & STABILISE 9.20-10.15am ♦ | BODYBALANCE 9.30-10.30am ♦ | YOGA FLOW 9.30-10.25am ♦ | YOGA FLOW 9.30-10.25am ♦ |
| STRETCH & STABILISE 12.00-12.55pm ♦ | YOGA FLOW 10.45-11.40am ♦ | PILATES - MAT 6.25-7.20pm | TAI CHI 10.45-11.40am ♦ | YOGA FUSION 10.45-11.40am ♦ | ACE * LM SHAPES 12.00-12.55pm ♦ | ACE * LM SHAPES 10.45-11.30am |
| MEDITATION MOMENT 1.10-1.40pm ♦ | GENTLE EXERCISE 12.00-12.55pm ♦ | ACE * LM SHAPES ♦ 7.35-8.20pm | ACE * LM THRIVE ♦ 12.00-12.45pm ♦ | PILATES - MAT 12.00-12.55pm ♦ | PILATES - MAT 3.00-3.55pm | BODYBALANCE 5.30-6.30pm ♦ |
| YOGA FUSION 6.00-6.55pm | STRETCH & STABILISE 6.00-6.55pm | | YOGA FUSION 6.00-6.55pm | | | |
| PILATES - MAT 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 10.00-10.45am ♦ | |
| AQUA 12.00-12.45pm ♦ | DEEP WATER AQUA 6.30-7.15pm ♦ | AQUAFIT 7.00-7.45pm ♦ | | AQUA-ZUMBA 10.40-11.25am ♦ | | |
| 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

📍 Surrey Drive,
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Aqualink Nunawading

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