Group Fitness 16-22 December 2024

Combined Regular Members plus Fab Living Members

Ø New time

▼ Walk-Coffee - departs from cafe-foyer

* Aqualink Class Experience (ACE) Limted time only

Monday 16/12	Tuesday 17/12	Wednesday 18/12	Thursday 19/12	Friday 20/12	Saturday 21/12	Sunday 22/12
Aqualink Box Hill G	roup Fitness Studio					
BODYPUMP 6.10-6.55am LITE PACE 8.10-9.05am ◆ BODYPUMP 9.20-10.15am LES MILLS TONE 10.40-11.25am ◆ ZUMBA 12.00-12.55pm ◆ BODYPUMP 6.00-6.55pm BODYATTACK 7.10-8.05pm BODYCOMBAT 8.15-9.10pm Aqualink Box Hill Fi HIIT 9.30-10.25am	HIIT 6.10-6.55am FAB STRENGTH 8.10-9.05am ◆ ZUMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ LES MILLS TONE 6.00-6.45pm ZUMBA 7.10-8.05pm tness Studio BOXING FITNESS 9.30-10.25am	HIIT 6.10-7.05am ♣ LITE PACE 8.10-9.05am ♠ BODYPUMP 9.20-10.15am ZUMBA 10.40-11.35am ♠ BODYCOMBAT 6.00-6.55pm BODYPUMP 7.10-8.05pm	BODYPUMP 6.10-6.55am FAB STRENGTH 7.45-8.40am ◆ ZUMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ BODYPUMP 6.00-6.55pm ZUMBA 7.10-8.05pm	HIIT 6.10-6.55am LITE PACE 8.10-9.05am ◆ BODYPUMP 9.20-10.15am WALK-COFFEE ▼ 9.30-10.25am ◆ LES MILLS TONE 10.40-11.35am ◆ FAB STRENGTH 12.00-12.55pm ◆ ZUMBA 6.30-7.25pm	BOXING FITNESS 8.25-9.20am	SUN 22
BOXING FITNESS 10.45-11.40am HIIT 6.25-7.20pm BOXING FITNESS 7.35-8.30pm	HIIT 10.45-11.40am HIIT 6.25-7.20pm	BOXING FITNESS 6.25-7.20pm	FAB STRENGTH PLUS 10.45-11.40am ◆ HIIT 6.25-7.20pm	8.05-9.00am ◆ HIIT 9.30-10.25am HIIT 6.25-7.20pm	HIIT 9.30-10.25am	
YOGA FLOW 9.25-10.20am ◆ STRETCH & STABILISE 10.50-11.45am ◆ YOGA RELEASE 12.05-1.00pm ◆ PILATES 6.10-7.05pm ◆ YOGA FLOW 7.15-8.10pm	PILATES 9.25-10.20am ◆ YOGA RELEASE 10.50-11.45am ◆ STRETCH & STABILISE 12.05-1.00pm ◆ GENTLE EXERCISE 1.45-2.40pm ◆ YOGA RELEASE 6.10-7.05pm YOGA FLOW 8.20-9.15pm	YOGA FUSION 6.15-7.00am YOGA FUSION 9.25-10.20am ◆ PILATES 10.50-11.45am ◆ MEDITATION 12.05-1.00pm ◆ STRETCH & STABILISE 1.45-2.40pm ◆ YOGA FUSION 6.10-7.05pm BODYBALANCE 7.15-8.10pm	MEDITATION 9.25-10.20am ◆ GENTLE EXERCISE 10.50-11.45am ◆ PILATES 12.05-1.00pm ◆ PILATES 7.15-8.10pm	STRETCH & STABILISE 8.20-9.15am ◆ BODYBALANCE 9.25-10.20am ◆ YOGA RELEASE 10.50-11.45am ◆ YOGA RELEASE 6.10-7.05pm ◆	PILATES 8.10-9.05am YOGA FLOW 9.15-10.10am MEDITATION ★ 10.25-11.20am YOGA FUSION 11.35am-12.30pm PILATES 4.30-5.25pm ◆	YOGA FUSION 8.10-9.05am BODYBALANCE 9.15-10.10am ◆
Aqualink Box Hill C	ycle Studio	For Virtual cycle cl	asses visit aqualinl	c.com.au		
SPRINT 9.35-10.05am RPM 6.30-7.15pm	RPM 6.15-7.00am	SPRINT 6.15-6.45am CYCLE 9.35-10.20am	RPM 6.15-7.00am	RPM 9.35-10.20am	CYCLE 8.20-9.15am RPM 9.35-10.20am	SPRINT 8.30-9.00am
Aqualink Box Hill A		AQUA	AQUA	AOUA	DEEP WATER	
9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.30-1.15pm ◆ 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 ◆	8.00-8.45am ◆ DEEP WATER AQUA 9.30-10.15am ◆	9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.30-1.15pm ◆	AQUA 8.00-8.45am ◆ OUTDOOR AQUA 9.30-10.15am ◆ WARM WATER AQUA 11.00-11.45am ◆	AQUA 8.10-8.55am ◆ DEEP WATER AQUA 9.10-9.55am ◆	







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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 16-22 December 2024

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

Monday 16/12 Tuesday 17/12 Wednesday 18/12 Thursday 19/12 Friday 20/12 Sunday 22/12 Saturday 21/12 Aqualink Nunawading Studio 1 HIIT **BODYSTEP BODYPUMP CYCLE EXPRESS** LES MILLS TONE **CYCLE** LES MILLS CORE 6.10-6.55am 6.10-6.55am 8.10-8.55am 8.20-9.15am 6.10-6.55am 6.10-6.40am 6.10-6.55am **FAB CIRCUIT** 8.00-8.55am ◆ **BODYSTEP** 9.30-10.25am **FAB STRENGTH** LITE PACE **FAB STRENGTH PLUS CYCLE** 9.15-10.10am **FAB CIRCUIT** 8.00-8.55am ◆ 8.00-8.55am ◆ 8.00-8.55am ◆ 8.00-8.55am ◆ **CYCLE EXPRESS BODYPUMP BODYPUMP BODYSTEP** T-H-T **CYCLE BODYPUMP** 9.15-9.45am 9.15-10.00am ◆ 9.15-10.10am 9.15-10.10am 10.35-11.30am 4.15-5.10pm 9.15-10.10am **BODYPUMP CORE EXPRESS** WALKCOFFEE YOGA RELEASE **FAB STRENGTH** ZUMBA 9.55-10.25am 9.30-10.25am ◆▼ 10.45-11.40am ◆ 10.40-11.35am ◆ 4.15-5.10pm 10.40-11.35am ◆ STEP # BODYPUMP **ZUMBA GOLD ZUMBA GOLD FAB STRENGTH** 10.40-11.35am 10.40-11.35am 12.05-1.00pm 12.05-1.00pm • 12.05-1.00pm • **BODYPUMP FAB STRENGTH PLUS BODYATTACK BODYPUMP CHRISTMAS** HIIT 6.30-7.25pm 12.05-1.00pm ◆ 6.30-7.25pm 6.30-7.25pm 6.30-7.25pm **TIMETABLE BODYSTEP** LES MILLS CORE ZUMBA 🗯 MON SUN **BODYPUMP** 7.35-8.30pm 7.35-8.30pm 5.50-6.20pm 7.35-8.30pm 16 - 22 **BODYSTEP** 6.30-7.25pm **DECEMBER CYCLE** 7.35-8.30pm Aqualink Nunawading Studio 2 **FAB PILATES STRETCH** STRETCH **YOGA RELEASE BODYBALANCE STRETCH** 9.20-10.15am **♦** & STABILISE 8.15-9.10am ◆ & STABILISE 7.00-7.55am ◆ 8.15-9.10am & STABILISE 7.00-7.55am ◆ 8.15-9.10am ◆ 9.20-10.15am ◆ BODYBAL ANCE BODYBAL ANCE LES MILLS CORE YOGA FLOW 9.20-10.15am 9.30-10.15am 9.30-10.25am ◆ 10.45-11.40am ◆ **PILATES PILATES** 9.20-10.15am ◆ 9.20-10.05am ◆ 10.45-11.40am ◆ **STRETCH &** YOGA FUSION **YOGA RELEASE BODYBALANCE** YOGA FLOW 10.45-11.40am ◆ PILATES 10.45-11.40am ◆ **STABILISE** 10.45-11.40am ◆ 10.45-11.40am 5.30-6.25pm ◆ YOGA RELEASE 12.00-12.55pm ◆ 6.25-7.20pm **PILATES YOGA FLOW** YOGA FUSION STRETCH YOGA FUSION 12.00-12.55pm ◆ 3.00-3.55pm ◆ 6.00-6.55pm & STABILISE 6.00-6.55pm **PILATES** 6.25-7.20pm STRETCH **BODYBALANCE** 6.00-6.55pm & STABILISE 7.35-8.30pm **BODYBALANCE** 7.15-8.10pm 7.35-8.30pm Aqualink Nunawading Aqua **AQUA** 8.45-9.30am ◆ **AQUA** 8.15-9.00am ◆ 8.15-9.00am ◆ 8.45-9.30am ◆ 8.15-9.00am ◆ 9.00-9.45am ◆ **AQUA** 10.40-11.25am ◆ **AQUA** 9.30-10.15am **◆** AQUAFIT **DEEP WATER** AQUAFIT **AQUA** 10.40-11.25am◆ 9.30-10.15am ◆ 10.00-10.45am ◆ **AOUA** 9.30-10.15am ◆ AQUAFIT AOUA 12.00-12.45pm ◆ **DEEP WATER** 7.00-7.45pm ◆ AOUA **AQUAFIT** 6.30-7.15pm ◆ 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 10 minutes prior to the class start time. As a courtesy and for safety reasons, 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 membership types and casual participants.

- 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.







👣 Find us on Facebook



Surrey Drive, Box Hill VIC 3128

9843 2900

Aqualink Nunawading

Fraser Place, Forest Hill VIC 3131

Group Fitness 23-29 December 2024

- ◆ Combined **Regular Members** plus **Fab Living Members**
- O New time
- ▼ Walk-Coffee departs from cafe-foyer
- * Aqualink Class Experience (ACE) Limited time only

Monday 23/12	Tuesday 24/12	Wednesday 25/12	Thursday 26/12	Friday 27/12	Saturday 28/12	Sunday 29/12
Aqualink Box Hill G	roup Fitness Studio					
BODYPUMP 6.10-6.55am LITE PACE 8.10-9.05am ◆ BODYPUMP 9.20-10.15am LES MILLS TONE 10.40-11.25am ◆ ZUMBA 12.00-12.55pm ◆ BODYPUMP 6.00-6.55pm BODYATTACK 7.10-8.05pm	HIIT 6.10-6.55am FAB STRENGTH 8.10-9.05am ◆ ZUMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆	CENTRE OPENING HOURS CHRISTMAS EVE 24 DEC 6AM - 6PM CHRISTMAS DAY 25 DEC CLOSED BOXING DAY 26 DEC 8AM - 8PM	ZUMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am BODYPUMP 6.00-6.55pm	HIIT 6.10-6.55am FAB CIRCUIT 8.10-9.05am ◆ BODYPUMP 9.20-10.15am LES MILLS TONE 10.40-11.35am ◆ FAB STRENGTH 12.00-12.55pm ◆ ZUMBA 6.30-7.25pm	MON	BODYPUMP 8.20-9.15am BODYCOMBAT 9.25-10.20am
Aqualink Box Hill F	itness Studio					
HIIT 9.30-10.25am BOXING FITNESS 10.45-11.40am HIIT 6.25-7.20pm	BOXING FITNESS 9.30-10.25αm HIIT 10.45-11.40αm	MERRY CHRISTMAS EVERYONE!	HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ◆ HIIT 6.25-7.20pm	FAB STRENGTH PLUS 8.05-9.00am ◆ HIIT 9.30-10.25am	BOXING FITNESS 8.25-9.20αm HIIT 9.30-10.25αm	HIIT 8.25-9.20am BOXING FITNESS 9.30-10.25am
Aqualink Box Hill W	/ellness Studio					
YOGA FLOW 9.25-10.20am ◆ STRETCH & STABILISE 10.50-11.45am ◆ PILATES 6.10-7.05pm YOGA FLOW 7.15-8.10pm	PILATES 9.25-10.20am ◆ STRETCH & STABILISE 12.05-1.00pm ◆		MEDITATION 9.25-10.20am ◆ PILATES 12.05-1.00pm ◆	STRETCH & STABILISE 8.20-9.15am ◆ PILATES 9.25-10.20am ◆ YOGA RELEASE 10.50-11.45am ◆ YOGA RELEASE 6.10-7.05pm ◆	PILATES 8.10-9.05am YOGA FLOW 9.15-10.10am MEDITATION ♣ 10.25-11.20am YOGA FUSION 11.35am-12.30pm PILATES 4.30-5.25pm ◆	YOGA FUSION 8.10-9.05am BODYBALANCE 9.15-10.10am ◆
Aqualink Box Hill C	ycle Studio	For Virtual cycle cl	asses visit aqualin	k.com.au		
RPM 6.30-7.15pm	RPM 6.15-7.00am			RPM 9.35-10.20αm	CYCLE 8.20-9.15am RPM 9.35-10.20am	CYCLE 9.35-10.30am
Aqualink Box Hill A	quα					
AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.30-1.15pm ◆ AQUAFIT 7.10-7.55pm ◆	AQUA 8.00-8.45am ◆ OUTDOOR AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆		AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.30-1.15pm ◆	AQUA 8.00-8.45am ◆ OUTDOOR AQUA 9.30-10.15am ◆ WARM WATER AQUA 12.00-12.45pm ◆	DEEP WATER AQUA 8.10-8.55am ◆ DEEP WATER AQUA 9.10-9.55am ◆	







Aqualink Nunawading

Group Fitness 23-29 December 2024

- ◆ Combined **Regular Members** plus **Fab Living Members**
- Ø New time

Wednesday 25/12 Thursday 26/12

Walk-Coffee - departs from reception-foyer

Friday 27/12

Aqualink Class Experience (ACE) - Limited time only

Aqualink Nunawading Studio 1

LES MILLS CORE 6.10-6.55am

Monday 23/12

FAB CIRCUIT 8.00-8.55am ◆

BODYPUMP 9.15-10.10am

ZUMBA 10.40-11.35am ◆

FAB STRENGTH 12.05-1.00pm •

HIIT 6.30-7.25pm

BODYPUMP 7.35-8.30pm 6.10-6.55am

Tuesday 24/12

FAB STRENGTH 8.00-8.55am ◆

CYCLE EXPRESS 9.15-9.45am **CORE EXPRESS**

9.55-10.25am **STEP**

10.40-11.35am 🌟 LITE PACE 12.05-1.00pm



Aqualink Nunawading Studio 2

FAB PILATES 9.20-10.15am ◆

BODYBALANCE 10.45-11.40am ◆

STRETCH & STABILISE 12.00-12.55pm ◆

YOGA FUSION 6.00-6.55pm

PILATES 7.15-8.10pm STRETCH & STABILISE 7.00-7.55am ◆

PILATES 9.20-10.15am ◆

YOGA FLOW 10.45-11.40am ◆ **OPENING HOURS**

CENTRE

CHRISTMAS EVE 24 DEC 6AM - 6PM

CHRISTMAS DAY 25 DEC **CLOSED**

> **BOXING DAY 26 DEC** 8AM - 8PM

STRETCH & STABILISE 8.15-9.10am ◆

BODYSTEP 9.20-10.15am

PILATES 10.45-11.40am ◆

ZUMBA 12.05-1.00pm ◆

YOGA FUSION 6.00-6.55pm

YOGA RELEASE 7.00-7.45am ◆

FAB STRENGTH PLUS 8.00-8.55am◆

BODYPUMP 9.15-10.10am

YOGA FUSION 10.45-11.40am ◆

PILATES 12.00-12.55pm ◆

PILATES 5.30-6.15pm

BODYPUMP 6.30-7.25pm **BODYBALANCE** 8.15-9.10am ◆

Saturday 28/12

LES MILLS TONE 9.30-10.15am

BODYPUMP 10.35-11.40am

YOGA FLOW 3.00-3.55pm ◆ **BODYPUMP**

4.15-5.10pm

HIIT 8.15-9.10am

Sunday 29/12

YOGA FLOW 9.30-10.25am ◆

BODYSTEP 4.15-5.10pm

BODYBALANCE 5.30-6.25pm ◆

Aqualink Nunawading Aqua

AQUA 8.45-9.30am ◆

AQUAFIT 10.40-11.25am◆

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 ◆

MERRY CHRISTMAS **EVERYONE!**

AQUA 10.40-11.25am **◆**

9.30-10.15am ◆

AQUA 8.15-9.00am ◆ DECEMBER TIMETABLE

MON

SUN

AQUA 9.00-9.45am ◆

AQUA 10.00-10.45am ◆

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- find us on Facebook

Aqualink Box Hill

- Surrey Drive, Box Hill VIC 3128
- 9843 2900

Aqualink Nunawading

- Fraser Place, Forest Hill VIC 3131
- 9878 4576

Group Fitness 30 Dec 2024 - 5 Jan 2025

◆ Combined **Regular Members** plus **Fab Living Members**

Ø New time

▼ Walk-Coffee - departs from cafe-foyer

Group Fit	LITESS 30 De	ec 2024 - 5 Jan :	2025			
Monday 30/12	Tuesday 31/12	Wednesday 1/1	Thursday 2/1	Friday 3/1	Saturday 4/1	Sunday 5/1
Aqualink Box Hill G	iroup Fitness Studio					
BODYPUMP 6.10-6.55am	HIIT 6.10-6.55am	ZUMBA 10.40-11.35am ◆	BODYPUMP 6.10-6.55am	HIIT 6.10-6.55am	BODYCOMBAT 8.20-9.15am	BODYPUMP 8.20-9.15am
LITE PACE 8.10-9.05am ◆	FAB STRENGTH 8.10-9.05am ◆	BODYCOMBAT 6.00-6.55pm	FAB STRENGTH 7.45-8.40am ◆	FAB CIRCUIT 8.10-9.05am ◆	BODYPUMP 9.25-10.20am	BODYCOMBAT 9.25-10.20am
BODYPUMP 9.20-10.15am	ZUMBA 9.20-10.15am ♦	BODYPUMP 7.10-8.05pm	ZUMBA 9.20-10.15αm ♦	BODYPUMP 9.20-10.15αm	ZUMBA 10.35-11.30am	
LES MILLS TONE 10.40-11.25am ◆	BODYPUMP 10.40-11.35am		BODYPUMP 10.40-11.35am	WALK-COFFEE 9.30-10.25am ◆▼		
ZUMBA 12.00-12.55pm ♦	FAB STRENGTH 12.00-12.55pm ◆		FAB STRENGTH 12.00-12.55pm ◆	LES MILLS TONE 10.40-11.35am ◆	CHRISTMASTI	METABLE
BODYPUMP 6.00-6.55pm	NEW YEARS EVE	NEW YEARS DAY	BODYPUMP 6.00-6.55pm	FAB STRENGTH 12.00-12.55pm ◆	MON	SUN
BODYATTACK 7.10-8.05pm	CENTRE OPEN 6AM-6PM	CENTRE OPEN 10AM - 8PM	ZUMBA 7.10-8.05pm	ZUMBA 6.30-7.25pm	30 -	JAN +
Aqualink Box Hill F	itness Studio					
HIIT 9.30-10.25am BOXING FITNESS 10.45-11.40am HIIT 6.25-7.20pm	9.30-10.25am HIIT 10.45-11.40am	BOXING FITNESS 6.25-7.20pm	HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ♦ HIIT 6.25-7.20pm	FAB STRENGTH PLUS 8.05-9.00αm ♦ HIIT 9.30-10.25αm HIIT 6.25-7.20pm	BOXING FITNESS 8.25-9.20am HIIT 9.30-10.25am	HIIT 8.25-9.20am BOXING FITNESS 9.30-10.25am
BOXING FITNESS 7.35-8.30pm			0.20 7.20pm	0.20 7.20 pm		
Aqualink Box Hill V	Vellness Studio					
YOGA FLOW 9.25-10.20am ◆ STRETCH & STABILISE 10.50-11.45am ◆ PILATES 6.10-7.05pm YOGA FLOW 7.15-8.10pm	9.25-10.20am ◆ YOGA RELEASE 10.50-11.45am ◆ STRETCH & STABILISE 12.05-1.00pm ◆ GENTLE EXERCISE 1.45-2.40pm ◆	PILATES 10.50-11.45am ◆ MEDITATION 12.05-1.00pm ◆ YOGA FUSION 6.10-7.05pm	MEDITATION 9.25-10.20am ◆ GENTLE EXERCISE 10.50-11.45am ◆ PILATES 12.05-1.00pm ◆ PILATES 7.15-8.10pm YOGA FUSION 8.20-9.15pm	STRETCH & STABILISE 8.20-9.15am ◆ PILATES 9.25-10.20am ◆ YOGA RELEASE 10.50-11.45am ◆ YOGA RELEASE 6.10-7.05pm	PILATES 8.10-9.05am YOGA FLOW 9.15-10.10am YOGA FUSION 11.35am-12.30pm PILATES 4.30-5.25pm ◆	YOGA FUSION 8.10-9.05am PILATES 9.15-10.10am ◆ PILATES 4.30-5.25pm
Aqualink Box Hill C	ycle Studio	For Virtual cycle cl	asses visit aqualin	k.com.au		
SPRINT 9.35-10.05αm RPM 6.30-7.15pm	RPM 6.15-7.00am RPM 9.35-10.20am		RPM 6.15-7.00am	RPM 9.35-10.20αm	CYCLE 8.20-9.15am RPM 9.35-10.20am	CYCLE 9.35-10.30αm
Aqualink Box Hill A	lquα					
AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.30-1.15pm ◆ AQUAFIT 7.10-7.55pm ◆	AQUA 8.00-8.45am ◆ OUTDOOR AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ NEW YEARS EVE CENTRE OPEN 6AM-6PM	WARM WATER AQUA 11.00-11.45αm Φ NEW YEARS DAY CENTRE OPEN 10AM - 8PM	AQUA 9.30-10.15am ◆ DEEP WATER AQUA 11.00-11.45am ◆ WARM WATER AQUA 12.30-1.15pm ◆	AQUA 8.00-8.45am ◆ OUTDOOR AQUA 9.30-10.15am ◆ WARM WATER AQUA 11.00-11.45am ◆	DEEP WATER AQUA 8.10-8.55am ◆ DEEP WATER AQUA 9.10-9.55am ◆	







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Aqualink Nunawading

Aqualink Nunawading

Group Fitness 30 Dec 2024 - 5 Jan 2025

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

Monday 30/12	Tuesday 31/12	Wednesday 1/1	Thursday 2/1	Friday 3/1	Saturday 4/1	Sunday 5/1
Aqualink Nunawa	ding Studio 1					
STUDIO 1 CLOSED DUE TO FLOOR MAINTENANCE REFER TO STUDIO 2	STUDIO 1 CLOSED DUE TO FLOOR MAINTENANCE REFER TO STUDIO 2	BODYPUMP 10.40-11.35 am FAB STRENGTH PLUS 12.05-1.00 pm ◆ LES MILLS CORE 5.50-6.20 pm BODYSTEP 6.30-7.25 pm	BODYPUMP 6.10-6.55am FAB CIRCUIT 8.00-8.55am ◆ CYCLE 9.15-10.10am YOGA RELEASE 10.45-11.40am ◆ BODYATTACK 6.30-7.25pm ZUMBA 7.35-8.30pm ♣	SPRINT 6.10-6.40am FAB STRENGTH PLUS 8.00-8.55am ◆ BODYPUMP 9.15-10.10am FAB STRENGTH 10.40-11.35am ◆ ZUMBA 12.05-1.00pm ◆ BODYPUMP 6.30-7.25pm	LES MILLS TONE 8.10-8.55am CYCLE 9.15-10.10am BODYPUMP 10.35-11.30am BODYPUMP 4.15-5.10pm	CYCLE 8.20-9.15am BODYSTEP 9.30-10.25am BODYSTEP 4.15-5.10pm
Aqualink Nunawa	ding Studio 2					
YOGA FUSION 6.10-6.55am ◆ FAB CIRCUIT 8.00-8.55am ◆ BODYPUMP 9.15-10.10am BODYBALANCE 10.45-11.40am ◆ STRETCH & STABILISE 12.00-12.55pm ◆ YOGA FUSION 5.30-6.15pm HIIT 6.30-7.15pm PILATES 7.30-8.25pm	STRETCH & STABILISE 7.00-7.45am ◆ FAB STRENGTH 8.00-8.55am ◆ PILATES 9.20-10.15am ◆ YOGA FLOW 10.45-11.40am ◆ NEW YEARS EVE CENTRE OPEN 6AM-6PM	PILATES 10.45-11.40am ◆ YOGA RELEASE 6.25-7.20pm NEW YEARS DAY CENTRE OPEN 10AM - 8PM	STRETCH & STABILISE 8.15-9.10 am ◆ LES MILLS TONE 9.20-10.05 am ◆ PILATES 10.45-11.40 am ◆ YOGA FUSION 6.00-6.55 pm BODYBALANCE 7.35-8.30 pm	YOGA RELEASE 7.00-7.55am ◆ STRETCH & STABILISE 9.20-10.15am ◆ YOGA FUSION 10.45-11.40am ◆ PILATES 12.00-12.55pm ◆ PILATES 6.00-6.55pm	PILATES 8.15-9.10am LES MILLS CORE 9.30-10.15am YOGA RELEASE 10.45-11.40am YOGA FLOW 3.00-3.55pm CHRISTMAS TIMETABL MON SUN 30 - 5 DEC JAN	HIIT 8.15-9.10am YOGA FLOW 9.30-10.25am ◆ BODYBALANCE 5.30-6.25pm ◆
Aqualink Nunawa	ding Aqua					
AQUA 8.45-9.30αm ◆ AQUAFIT 10.40-11.25αm ◆ 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 ◆	AQUAFIT 7.00-7.45pm ◆	AQUA 8.45-9.30αm Φ AQUA 10.40-11.25αm Φ	AQUA 8.15-9.00am ◆ AQUA 9.30-10.15am ◆		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 10 minutes prior to the class start time. As a courtesy and for safety reasons, 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.
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- 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.







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Aqualink Box Hill

Surrey Drive, Box Hill VIC 3128

9843 2900



Fraser Place, Forest Hill VIC 3131

Group Fitness 6-12 January 2025

- ◆ Combined **Regular Members** plus **Fab Living Members**
- Ø New time
- ▼ Walk-Coffee departs from cafe-foyer
- * Aqualink Class Experience (ACE) Limited time only

Dup Fitness Studio HIIT 6.10-6.55am FAB STRENGTH 8.10-9.05am ◆ 20MBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ LES MILLS TONE 6.00-6.45pm 20MBA 7.10-8.05pm BODYPUMP 8.15-9.10pm ness Studio BOXING FITNESS	LITE PACE 8.10-9.05am ◆ BODYPUMP 9.20-10.15am ZUMBA 10.40-11.35am ◆ BODYCOMBAT 6.00-6.55pm BODYPUMP 7.10-8.05pm HIIT 9.30-10.25am BOXING FITNESS 6.25-7.20pm	Thursday 9/1 BODYPUMP 6.10-6.55am FAB STRENGTH 7.45-8.40am ◆ 2UMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ BODYPUMP 6.00-6.55pm ZUMBA 7.10-8.05pm HIIT 9.30-10.25am FAB STRENGTH PLUS	HIIT 6.10-6.55am LITE PACE 8.10-9.05am ◆ BODYPUMP 9.20-10.15am WALK-COFFEE 9.30-10.25am ◆▼ LES MILLS TONE 10.40-11.35am ◆ FAB STRENGTH 12.00-12.55pm ◆ ZUMBA 6.30-7.25pm FAB STRENGTH PLUS 8.05-9.00am ◆	BOXING FITNESS 8.25-9.20am	BODYPUMP 8.20-9.15am BODYCOMBAT 9.25-10.20am BODYPUMP 4.15-5.10pm STMAS TABLE SUN 12 UARY HIIT 8.25-9.20am
HIIT 6.10-6.55am FAB STRENGTH 8.10-9.05am ◆ ZUMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ LES MILLS TONE 6.00-6.45pm ZUMBA 7.10-8.05pm BODYPUMP 8.15-9.10pm ness Studio BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm	8.10-9.05am ◆ BODYPUMP 9.20-10.15am ZUMBA 10.40-11.35am ◆ BODYCOMBAT 6.00-6.55pm BODYPUMP 7.10-8.05pm HIIT 9.30-10.25am BOXING FITNESS	6.10-6.55am FAB STRENGTH 7.45-8.40am ◆ ZUMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ BODYPUMP 6.00-6.55pm ZUMBA 7.10-8.05pm HIIT 9.30-10.25am FAB STRENGTH PLUS	6.10-6.55am LITE PACE 8.10-9.05am ◆ BODYPUMP 9.20-10.15am WALK-COFFEE 9.30-10.25am ◆▼ LES MILLS TONE 10.40-11.35am ◆ FAB STRENGTH 12.00-12.55pm ◆ ZUMBA 6.30-7.25pm	8.20-9.15am BODYPUMP 9.25-10.20am ZUMBA 10.35-11.30am CHRISTIME MON 6 JANI BOXING FITNESS 8.25-9.20am	8.20-9.15am BODYCOMBAT 9.25-10.20am BODYPUMP 4.15-5.10pm STMAS TABLE SUN 12 UARY
5.10-6.55am FAB STRENGTH 8.10-9.05am ◆ 2UMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ LES MILLS TONE 6.00-6.45pm ZUMBA 7.10-8.05pm BODYPUMP 8.15-9.10pm ness Studio BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm	8.10-9.05am ◆ BODYPUMP 9.20-10.15am ZUMBA 10.40-11.35am ◆ BODYCOMBAT 6.00-6.55pm BODYPUMP 7.10-8.05pm HIIT 9.30-10.25am BOXING FITNESS	6.10-6.55am FAB STRENGTH 7.45-8.40am ◆ ZUMBA 9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ BODYPUMP 6.00-6.55pm ZUMBA 7.10-8.05pm HIIT 9.30-10.25am FAB STRENGTH PLUS	6.10-6.55am LITE PACE 8.10-9.05am ◆ BODYPUMP 9.20-10.15am WALK-COFFEE 9.30-10.25am ◆▼ LES MILLS TONE 10.40-11.35am ◆ FAB STRENGTH 12.00-12.55pm ◆ ZUMBA 6.30-7.25pm	8.20-9.15am BODYPUMP 9.25-10.20am ZUMBA 10.35-11.30am CHRISTIME MON 6 JANI BOXING FITNESS 8.25-9.20am	8.20-9.15am BODYCOMBAT 9.25-10.20am BODYPUMP 4.15-5.10pm STMAS TABLE SUN 12 UARY
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9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ LES MILLS TONE 6.00-6.45pm ZUMBA 7.10-8.05pm BODYPUMP 8.15-9.10pm ness Studio BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm	10.40-11.35am ◆ BODYCOMBAT 6.00-6.55pm BODYPUMP 7.10-8.05pm HIIT 9.30-10.25am BOXING FITNESS	9.20-10.15am ◆ BODYPUMP 10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ BODYPUMP 6.00-6.55pm ZUMBA 7.10-8.05pm HIIT 9.30-10.25am FAB STRENGTH PLUS	9.20-10.15am WALK-COFFEE 9.30-10.25am ◆▼ LES MILLS TONE 10.40-11.35am ◆ FAB STRENGTH 12.00-12.55pm ◆ ZUMBA 6.30-7.25pm FAB STRENGTH PLUS	10.35-11.30am CHRISTIME MON 6 - JANI BOXING FITNESS 8.25-9.20am	4.15-5.10pm STMAS TABLE SUN - 12 UARY
10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ LES MILLS TONE 6.00-6.45pm ZUMBA 7.10-8.05pm BODYPUMP 8.15-9.10pm ness Studio BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm	6.00-6.55pm BODYPUMP 7.10-8.05pm HIIT 9.30-10.25am BOXING FITNESS	10.40-11.35am FAB STRENGTH 12.00-12.55pm ◆ BODYPUMP 6.00-6.55pm ZUMBA 7.10-8.05pm HIIT 9.30-10.25am FAB STRENGTH PLUS	9.30-10.25am ◆▼ LES MILLS TONE 10.40-11.35am ◆ FAB STRENGTH 12.00-12.55pm ◆ ZUMBA 6.30-7.25pm FAB STRENGTH PLUS	BOXING FITNESS 8.25-9.20am	TABLE SUN - 12 UARY
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7.10-8.05pm BODYPUMP 8.15-9.10pm ness Studio BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm	9.30-10.25am BOXING FITNESS	7.10-8.05pm HIIT 9.30-10.25am FAB STRENGTH PLUS	6.30-7.25pm FAB STRENGTH PLUS	BOXING FITNESS 8.25-9.20am	HIIT
ness Studio BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm	9.30-10.25am BOXING FITNESS	9.30-10.25am FAB STRENGTH PLUS	PLUS	8.25-9.20am	
BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm	9.30-10.25am BOXING FITNESS	9.30-10.25am FAB STRENGTH PLUS	PLUS	8.25-9.20am	
9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm	9.30-10.25am BOXING FITNESS	9.30-10.25am FAB STRENGTH PLUS	PLUS	8.25-9.20am	
6.25-7.20pm		10.45-11.40am ◆	HIIT 9.30-10.25am	HIIT 9.30-10.25am	BOXING FITNESS 9.30-10.25am
ellness <u>Studio</u>		HIIT 6.25-7.20pm	HIIT 6.25-7.20pm		
	YOGA FUSION 6.15-7.00am	TAI CHI 9.25-10.20am ◆	STRETCH & STABILISE	PILATES 8.10-9.05am	YOGA FUSION 8.10-9.05am
10.50-11.45am ◆	YOGA FUSION 9.25-10.20αm Φ	GENTLE EXERCISE 10.50-11.45am ◆	8.20-9.15am ◆ PILATES 9.25-10.20am ◆	YOGA FLOW 9.15-10.10αm	PILATES 9.15-10.10am ◆
STABILISE 12.05-1.00pm ◆	10.50-11.45am ♦ MEDITATION	12.05-1.00pm ◆ PILATES	YOGA RELEASE 10.50-11.45am ◆	10.25-11.15αm YOGA FUSION	PILATES 4.30-5.25pm
I.45-2.40pm ♦ YOGA RELEASE	STRETCH & STABILISE	YOGA FUSION 8.20-9.15pm	6.10-7.05pm ◆	PILATES 4.30-5.25pm ◆	
6.10-7.05pm	YOGA FUSION				
	PILATES 7.15-8.10pm				
cle Studio	For Virtual cycle cl	asses visit aqualini	c.com.au		
RPM	SPRINT 6.15-6.45am	RPM 6.15-7.00am	CYCLE 6.15-7.00am	CYCLE 8.20-9.15αm	SPRINT 8.30-9.00am
RPM 9.35-10.20am	RPM 9.35-10.20αm		RPM 9.35-10.20am	RPM 9.35-10.20am	CYCLE 9.35-10.30am
RPM	RPM 6.30-7.15pm				
	SPRINT 7.30-8.00pm				
uα					
AQUA	AOUA	AOUA	AOUA	DEEP WATER	
8.00-8.45am ◆ OUTDOOR AQUA 9.30-10.15am ◆	8.00-8.45am ◆ DEEP WATER AQUA	9.30-10.15am ◆ DEEP WATER AQUA	8.00-8.45am ♦ OUTDOOR AQUA 9.30-10.15am ♦	AQUA 8.10-8.55αm ♦ DEEP WATER	
AQUA	WARM WATER AQUA			AQUA 9.10-9.55αm ◆	
	*	1 7	WARM WATER AQUA 12.00-12.45pm ◆		
PO TH SSI: GI. YO	ILATES 1.25-10.20am	YOGA FUSION 6.15-7.00am YOGA FUSION 6.15-7.00am YOGA FUSION 9.25-10.20am PILATES 10.50-11.45am PILATES 10.50-10.20am PILATES	Canal	Comparison Co	Name







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Aqualink Nunawading

• Fraser Place, Forest Hill VIC 3131

Aqualink NunawadingGroup Fitness 6-12 January 2025

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

Monday 6/1	Tuesday 7/1	Wednesday 8/1	Thursday 9/1	Friday 10/1	Saturday 11/1	Sunday 12/1
Aqualink Nunawa	ıding Studio 1					
LES MILLS CORE 6.10-6.55am FAB CIRCUIT 8.00-8.55am ◆ BODYPUMP 9.15-10.10am ZUMBA 10.40-11.35am ◆ FAB STRENGTH 12.05-1.00pm ◆ HIIT 6.30-7.25pm BODYPUMP 7.35-8.30pm	HIIT 6.10-6.55am FAB STRENGTH 8.00-8.55am ◆ CYCLE EXPRESS 9.15-9.45am CORE EXPRESS 9.55-10.25am STEP 10.40-11.35am ★ BODYPUMP 6.30-7.25pm BODYSTEP 7.35-8.30pm	BODYSTEP 6.10-6.55am LITE PACE 8.00-8.55am ◆ T-H-T 9.15-10.10am ◆ WALKCOFFEE 9.30-10.25am ◆▼ BODYPUMP 10.40-11.35am FAB STRENGTH PLUS 12.05-1.00pm ◆ LES MILLS CORE 5.50-6.20pm BODYSTEP 6.30-7.25pm CYCLE 7.35-8.30pm	ZUMBA GOLD 12.05-1.00pm ◆	SPRINT 6.10-6.40am FAB STRENGTH PLUS 8.00-8.55am ◆ BODYPUMP 9.15-10.10am FAB STRENGTH 10.40-11.35am ◆ ZUMBA GOLD 12.05-1.00pm ◆ BODYPUMP 6.30-7.25pm	9.15-10.10am BODYPUMP 10.35-11.30am BODYPUMP 4.15-5.10pm CHRISTIMET	SUN
Aqualink Nunawa	uding Studio 2	·				
FAB PILATES 9.20-10.15am ◆ BODYBALANCE 10.45-11.40am ◆ STRETCH & STABILISE 12.00-12.55pm ◆ YOGA FUSION 6.00-6.55pm PILATES 7.15-8.10pm	STRETCH & STABILISE 7.00-7.55am ◆ PILATES 9.20-10.15am ◆ YOGA FLOW 10.45-11.40am ◆ STRETCH & STABILISE 6.00-6.55pm BODYBALANCE 7.15-8.10pm	STRETCH & STABILISE 9.20-10.15am ◆ PILATES 10.45-11.40am ◆ YOGA RELEASE 6.25-7.20pm	STRETCH & STABILISE 8.15-9.10am ◆ LES MILLS TONE 9.20-10.05am ◆ PILATES 10.45-11.40am ◆ YOGA FUSION 6.00-6.55pm BODYBALANCE 7.35-8.30pm	YOGA RELEASE 7.00-7.55am ◆ BODYBALANCE 9.20-10.15am ◆ YOGA FUSION 10.45-11.40am ◆ PILATES 12.00-12.55pm ◆ PILATES 6.00-6.55pm	PILATES 8.15-9.10am ◆ LES MILLS 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 ◆ BODYBALANCE 5.30-6.25pm ◆
Aqualink Nunawa	ıding Aqua					
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 8.15-9.00αm ◆ AQUAFIT 9.30-10.15αm ◆ AQUAFIT 7.00-7.45pm ◆	AQUA 8.45-9.30αm Φ AQUA 10.40-11.25αm Φ	AQUA 8.15-9.00am ◆ AQUA 9.30-10.15am ◆		AQUA 9.00-9.45am ◆ AQUA 10.00-10.45am ◆

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



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- Boxing Fitness classes participants must bring their own wraps/inners.
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