

Aqualink Box Hill

Group Fitness 16-22 December 2024

- ◆ Combined Regular Members plus Fab Living Members
- 🕒 New time
- ▼ Walk-Coffee - departs from cafe-foyer
- ★ Aqualink Class Experience (ACE) Limited 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 Group 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 | 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 | 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 | BODYCOMBAT 8.20-9.15am BODYPUMP 9.25-10.20am ZUMBA 10.35-11.30am | BODYPUMP 8.20-9.15am BODYCOMBAT 9.25-10.20am |
| Aqualink Box Hill Fitness Studio | | | | | | |
| HIIT 9.30-10.25am BOXING FITNESS 10.45-11.40am HIIT 6.25-7.20pm BOXING FITNESS 7.35-8.30pm | BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm | HIIT 9.30-10.25am 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 8.05-9.00am ◆ HIIT 9.30-10.25am HIIT 6.25-7.20pm | BOXING FITNESS 8.25-9.20am HIIT 9.30-10.25am | HIIT 8.25-9.20am |
| Aqualink Box Hill Wellness Studio | | | | | | |
| 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 Cycle Studio | | | | | | |
| 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 Aqua | | | | | | |
| AQUA 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 ◆ | 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 7.30-8.15pm ◆ | 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 ◆ | DEEP WATER AQUA 8.10-8.55am ◆ DEEP WATER AQUA 9.10-9.55am ◆ | |



👉 aqualink.com.au
 📍 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

Aqualink Nunawading

Group Fitness 16-22 December 2024

- ◆ Combined Regular Members plus Fab Living Members
- ② 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 | Saturday 21/12 | Sunday 22/12 |
|--|--|--|---|--|---|---|
| Aqualink Nunawading 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 9.15-10.00am ◆ 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 | BODYPUMP 6.10-6.55am FAB CIRCUIT 8.00-8.55am ◆ CYCLE 9.15-10.10am YOGA RELEASE 10.45-11.40am ◆ ZUMBA GOLD 12.05-1.00pm ◆ BODYATTACK 6.30-7.25pm ZUMBA ★ 7.35-8.30pm | CYCLE EXPRESS 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 | 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 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 STRETCH & STABILISE 7.15-8.10pm | STRETCH & STABILISE 7.00-7.55am ◆ PILATES 9.20-10.15am ◆ YOGA FLOW 10.45-11.40am ◆ STRETCH & STABILISE 6.25-7.20pm BODYBALANCE 7.35-8.30pm | STRETCH & STABILISE 9.20-10.15am ◆ PILATES 10.45-11.40am ◆ YOGA RELEASE 6.25-7.20pm | STRETCH & STABILISE 8.15-9.10am ◆ HIIT 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 | BODYBALANCE 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 Nunawading 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 8.15-9.00am ◆ 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 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.
- 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/innies.
- Participants must be at least high school age to attend all group fitness classes.



► aqualink.com.au
 ⑆ Find us on Facebook

Aqualink Box Hill
 ① Surrey Drive,
 Box Hill VIC 3128
 ② 9843 2900

Aqualink Nunawading
 ① Fraser Place,
 Forest Hill VIC 3131
 ② 9878 4576

Aqualink Box Hill

Group Fitness 23-29 December 2024

- ◆ Combined Regular Members plus Fab Living Members
- 🕒 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 Group 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 | BODYCOMBAT 8.20-9.15am BODYPUMP 9.25-10.20am ZUMBA 10.35-11.30am | BODYPUMP 8.20-9.15am BODYCOMBAT 9.25-10.20am |
| Aqualink Box Hill Fitness Studio | | | | | | |
| HIIT 9.30-10.25am BOXING FITNESS 10.45-11.40am HIIT 6.25-7.20pm | BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am | 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 8.25-9.20am HIIT 9.30-10.25am | HIIT 8.25-9.20am BOXING FITNESS 9.30-10.25am |
| Aqualink Box Hill Wellness 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 Cycle Studio For Virtual cycle classes visit aqualink.com.au | | | | | | |
| RPM 6.30-7.15pm | RPM 6.15-7.00am | | | RPM 9.35-10.20am | CYCLE 8.20-9.15am RPM 9.35-10.20am | CYCLE 9.35-10.30am |
| Aqualink Box Hill Aqua | | | | | | |
| 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.com.au
 📍 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

Aqualink Nunawading

Group Fitness 23-29 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 23/12 | Tuesday 24/12 | Wednesday 25/12 | Thursday 26/12 | Friday 27/12 | Saturday 28/12 | Sunday 29/12 |
|--|--|--|--|---|---|---|
| Aqualink Nunawading 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 ★ LITE PACE 12.05-1.00pm ◆ | <div><div>STUDIO 1 TEMPORARILY CLOSED DUE TO FLOOR MAINTENANCE REFER TO STUDIO 2</div></div> | | | | |
| 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 ◆ | CENTRE OPENING HOURS 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 ◆ 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 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 ◆ 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 ◆ | MERRY CHRISTMAS EVERYONE! | AQUA 10.40-11.25am ◆ | AQUA 8.15-9.00am ◆ AQUA 9.30-10.15am ◆ | <div><div>DECEMBER TIMETABLE MON SUN 23 - 29</div></div> | |

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/innies.
- 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,
 Box Hill VIC 3128
 ☎ 9843 2900

Aqualink Nunawading
 📍 Fraser Place,
 Forest Hill VIC 3131
 ☎ 9878 4576

Aqualink Box Hill

Group Fitness 30 Dec 2024 - 5 Jan 2025

- Combined Regular Members plus Fab Living Members
- New time
- Walk-Coffee - departs from cafe-foyer

| Monday 30/12 | Tuesday 31/12 | Wednesday 1/1 | Thursday 2/1 | Friday 3/1 | Saturday 4/1 | Sunday 5/1 |
|---|--|--|---|---|---|--|
| Aqualink Box Hill Group 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 NEW YEARS EVE CENTRE OPEN 6AM-6PM | ZUMBA 10.40-11.35am BODYCOMBAT 6.00-6.55pm BODYPUMP 7.10-8.05pm NEW YEARS DAY CENTRE OPEN 10AM - 8PM | 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 FAB CIRCUIT 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 | BODYCOMBAT 8.20-9.15am BODYPUMP 9.25-10.20am ZUMBA 10.35-11.30am | BODYPUMP 8.20-9.15am BODYCOMBAT 9.25-10.20am |
| Aqualink Box Hill Fitness Studio | | | | | | |
| HIIT 9.30-10.25am BOXING FITNESS 10.45-11.40am HIIT 6.25-7.20pm BOXING FITNESS 7.35-8.30pm | BOXING FITNESS 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 8.05-9.00am HIIT 9.30-10.25am 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 |
| Aqualink Box Hill Wellness 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 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 Cycle Studio For Virtual cycle classes visit aqualink.com.au | | | | | | |
| SPRINT 9.35-10.05am RPM 6.30-7.15pm | RPM 6.15-7.00am RPM 9.35-10.20am | | RPM 6.15-7.00am | RPM 9.35-10.20am | CYCLE 8.20-9.15am RPM 9.35-10.20am | CYCLE 9.35-10.30am |
| Aqualink Box Hill Aqua | | | | | | |
| 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 11.00-11.45am 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 | |



aqualink.com.au
 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

Aqualink Nunawading

Group Fitness 30 Dec 2024 - 5 Jan 2025

- ◆ Combined Regular Members plus Fab Living Members
- ② 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 Nunawading 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 10.40-11.35am FAB STRENGTH PLUS 12.05-1.00pm ◆ LES MILLS CORE 5.50-6.20pm BODYSTEP 6.30-7.25pm | 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 Nunawading 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 8.15-9.10am ◆ 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 ◆ 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 ◆ | HIIT 8.15-9.10am YOGA FLOW 9.30-10.25am ◆ BODYBALANCE 5.30-6.25pm ◆ |
| Aqualink Nunawading 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 ◆ | 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 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.
- 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.



► aqualink.com.au
f 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

Aqualink Box Hill

Group Fitness 6-12 January 2025

- ◆ Combined Regular Members plus Fab Living Members
- 🕒 New time
- ▼ Walk-Coffee - departs from cafe-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 Box Hill Group 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 | 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 | 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 | BODYCOMBAT 8.20-9.15am BODYPUMP 9.25-10.20am ZUMBA 10.35-11.30am | BODYPUMP 8.20-9.15am BODYCOMBAT 9.25-10.20am BODYPUMP 4.15-5.10pm |
| Aqualink Box Hill Fitness Studio | | | | | | |
| HIIT 9.30-10.25am BOXING FITNESS 10.45-11.40am HIIT 6.25-7.20pm BOXING FITNESS 7.35-8.30pm | BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm | HIIT 9.30-10.25am 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 8.05-9.00am ◆ HIIT 9.30-10.25am 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 |
| Aqualink Box Hill Wellness Studio | | | | | | |
| PILATES 9.25-10.20am ◆ STRETCH & STABILISE 10.50-11.45am ◆ YOGA RELEASE 12.05-1.00pm ◆ PILATES 1.45-2.40pm ◆ PILATES 6.10-7.05pm YOGA FLOW 7.15-8.10pm | PILATES 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 | 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 PILATES 7.15-8.10pm | TAI CHI 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 BODYBALANCE ★ 10.25-11.15am 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 Cycle Studio | | | | | | |
| RPM 6.30-7.15pm | RPM 6.15-7.00am RPM 9.35-10.20am RPM 5.30-6.15pm | SPRINT 6.15-6.45am RPM 9.35-10.20am RPM 6.30-7.15pm SPRINT 7.30-8.00pm | RPM 6.15-7.00am | CYCLE 6.15-7.00am RPM 9.35-10.20am | CYCLE 8.20-9.15am RPM 9.35-10.20am | SPRINT 8.30-9.00am CYCLE 9.35-10.30am |
| Aqualink Box Hill Aqua | | | | | | |
| AQUA 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 8.05-8.50m ◆ | 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 7.30-8.15pm ◆ | 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 ◆ | |



👉 aqualink.com.au
 📍 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

Aqualink Nunawading

Group Fitness 6-12 January 2025

- ◆ Combined Regular Members plus Fab Living Members
- ② 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 Nunawading 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 | BODYPUMP 6.10-6.55am FAB CIRCUIT 8.00-8.55am ◆ CYCLE 9.15-10.10am TAI CHI 10.45-11.40am ◆ ZUMBA GOLD 12.05-1.00pm ◆ 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 GOLD 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 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 ◆ 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 Nunawading 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 8.15-9.00am ◆ 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 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.
- 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/innies.
- Participants must be at least high school age to attend all group fitness classes.



► aqualink.com.au
 ⑆ Find us on Facebook

Aqualink Box Hill
 ① Surrey Drive,
 Box Hill VIC 3128
 ② 9843 2900

Aqualink Nunawading
 ① Fraser Place,
 Forest Hill VIC 3131
 ② 9878 4576