

Aqualink Box Hill

Group Fitness

Week 1 (15-21 December, 2025)

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

Monday 15/12	Tuesday 16/12	Wednesday 17/12	Thursday 18/12	Friday 19/12	Saturday 20/12	Sunday 21/12
Aqualink Box Hill Group Fitness Studio						
BODYPUMP 6.10-6.55am ZUMBA GOLD 8.10-9.05am ♦ BODYPUMP 9.20-10.20am LES MILLS 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 ♦ LES MILLS 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 ♦ BODYCOMBAT 6.00-7.00pm 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 FAB STRENGTH PLUS 8.10-9.05am ♦ BODYPUMP 9.20-10.20am WALK-COFFEE ▼ 9.30-10.25am LES MILLS 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
Aqualink Box Hill Fitness Studio						
LM STRENGTH DEVELOPMENT 6.15-7.00am HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ♦ HIIT 6.25-7.20pm	BOXING FITNESS 9.30-10.25am HIIT 10.45-11.40am HIIT 6.25-7.20pm BOXING FITNESS 7.30-8.25pm	HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am LM STRENGTH DEVELOPMENT 6.40-7.30pm	HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ♦ STRETCH EXPRESS 12.00-12.30pm ♦ HIIT 6.25-7.20pm	CORE EXPRESS 8.30-9.00am HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am	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						
YOGA FLOW 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 LES MILLS SHAPES 7.15-8.00pm PILATES 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 PILATES 7.15-8.10pm	PILATES 8.15-9.10am ♦ STRETCH & STABILISE 9.25-10.20am ♦ GENTLE EXERCISE 10.50-11.45am ♦ PILATES 12.05-1.00pm ♦ STRETCH & STABILISE 6.10-7.10pm PILATES 7.15-8.10pm YOGA FUSION 8.20-9.15pm	STRETCH & STABILISE 8.15-9.10am ♦ PILATES 9.25-10.20am ♦ YOGA RELEASE 10.50-11.45am ♦ LES MILLS SHAPES 12.05-12.50pm PILATES 1.45-2.40pm ♦ YOGA RELEASE 6.10-7.05pm	PILATES 8.10-9.05am YOGA FLOW 9.15-10.10am STRETCH & STABILISE 10.30-11.25am YOGA FUSION 11.35am-12.30pm PILATES 4.30-5.25pm ♦	YOGA FUSION 8.10-9.05am PILATES 9.15-10.10am ♦ STRETCH & STABILISE 10.30-11.25am ♦ PILATES 4.30-5.25pm ♦
Aqualink Box Hill Cycle Studio For Virtual cycle classes visit aqualink.com.au						
	RPM 6.15-7.00am	CYCLE 9.30-10.25am ♦	RPM 6.15-7.00am	RPM 6.15-7.00am RPM 9.30-10.15am	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 Week 1 (15-21 Dec, 2025)

- ◆ Combined Regular Members plus Fab Living Members
- 🕒 New time
- ▼ Walk-Coffee departs from reception-foyer

Monday 15/12 Tuesday 16/12 Wednesday 17/12 Thursday 18/12 Friday 19/12 Saturday 20/12 Sunday 21/12

Aqualink Nunawading Studio 1						
LES MILLS CORE 6.10-6.55am 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 BODYSTEP 7.40-8.40pm	BODYSTEP 6.10-6.55am LITE PACE 8.05-9.00am ◆ GYMSTICK 9.15-10.00am ◆ WALK-COFFEE ▼ 9.30-10.25am ◆ BODYPUMP 10.40-11.40am FAB STRENGTH PLUS 12.05-1.00pm ◆ LES MILLS CORE 5.50-6.20pm BODYSTEP 6.30-7.30pm RPM 7.40-8.25pm	BODYPUMP 6.10-6.55am FAB CIRCUIT 8.05-9.00am ◆ CYCLE 9.15-10.10am LES MILLS 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	SPRINT 6.10-6.40am 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	LES MILLS 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						
FAB PILATES 9.20-10.15am ◆ BODYBALANCE 10.45-11.45am ◆ STRETCH & STABILISE 12.00-12.55pm ◆ MEDITATION MOMENT 1.10-1.40pm ◆ 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 ◆ GENTLE EXERCISE 12.00-12.55pm ◆ STRETCH & STABILISE 6.00-6.55pm BODYBALANCE 7.15-8.15pm	STRETCH & STABILISE 9.20-10.15am ◆ PILATES 10.45-11.40am ◆ PILATES 6.25-7.20pm LM STRENGTH DEVELOPMENT 7.40-8.25pm	PILATES 8.10-9.05am ◆ STRETCH & STABILISE 9.20-10.15am ◆ YOGA RELEASE 10.45-11.40am ◆ YOGA FUSION 6.00-6.55pm ◆	YOGA RELEASE 7.00-7.55am ◆ BODYBALANCE 9.20-10.20am ◆ 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 ◆ LES MILLS 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/innerns.
- 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 Week 2 (22-28 December, 2025)

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

Monday 22/12 Tuesday 23/12 Wednesday 24/12 Thursday 25/12 Friday 26/12 Saturday 27/12 Sunday 28/12

Aqualink Box Hill Group Fitness Studio

BODYPUMP
9.20-10.20am
LES MILLS 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
LES MILLS TONE
6.00-6.45pm
ZUMBA
7.10-8.05pm

HIIT
6.10-6.55am
LITE PACE
8.10-9.05am
BODYPUMP
9.20-10.20am
ZUMBA
10.40-11.35am

**CENTRE
OPENING
HOURS**

CHRISTMAS EVE
24 DEC
6AM - 6PM

CHRISTMAS DAY
25 DEC
CLOSED

BOXING DAY
26 DEC
8AM - 8PM

FAB STRENGTH PLUS
8.10-9.05am
BODYPUMP
9.20-10.20am
WALK-COFFEE
9.30-10.25am
LES MILLS 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
HIIT
6.25-7.20pm

BOXING FITNESS
9.30-10.25am
HIIT
10.45-11.40am
HIIT
6.25-7.20pm
BOXING FITNESS
7.30-8.25pm

HIIT
9.30-10.25am

CORE EXPRESS
8.30-9.00am
HIIT
9.30-10.25am
**LM STRENGTH
DEVELOPMENT**
10.45-11.30am
HIIT
6.25-7.20pm

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

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
YOGA RELEASE
10.50-11.45am
**STRETCH &
STABILISE**
12.05-1.00pm
GENTLE EXERCISE
1.45-2.40pm
YOGA RELEASE
6.10-7.05pm
LES MILLS SHAPES
7.15-8.00pm
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

**MERRY
CHRISTMAS
EVERYONE!**

**STRETCH
& STABILISE**
8.15-9.10am
PILATES
9.25-10.20am
YOGA RELEASE
10.50-11.45am
LES MILLS SHAPES
12.05-12.50pm
PILATES
1.45-2.40pm

PILATES
8.10-9.05am
YOGA FLOW
9.15-10.10am
**STRETCH &
STABILISE**
10.30-11.25am
YOGA FUSION
11.35am-12.30pm

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

RPM
6.30-7.15pm

RPM
6.15-7.00am

RPM
9.30-10.15am

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

AQUA
8.10-8.55am
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



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Aqualink Nunawading

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- ▼ Walk-Coffee departs from reception-foyer

Monday 22/12 Tuesday 23/12 Wednesday 24/12 Thursday 25/12 Friday 26/12 Saturday 27/12 Sunday 28/12

Aqualink Nunawading Studio 1						
LES MILLS CORE 6.10-6.55am 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 8.30-7.30pm BODYSTEP 7.40-8.40pm	BODYSTEP 6.10-6.55am LITE PACE 8.05-9.00am ◆ GYMSTICK 9.15-10.00am ◆ WALK-COFFEE ▼ 9.30-10.25am ◆ BODYPUMP 10.40-11.40am FAB STRENGTH PLUS 12.05-1.00pm ◆	CENTRE OPENING HOURS CHRISTMAS EVE 24 DEC 6AM - 6PM CHRISTMAS DAY 25 DEC CLOSED BOXING DAY 26 DEC 8AM - 8PM	FAB STRENGTH PLUS 8.10-9.05am ◆ BODYPUMP 9.15-10.15am FAB STRENGTH 10.40-11.35am ◆ ZUMBA GOLD 12.05-1.00pm ◆ BODYPUMP 6.30-7.30pm	LES MILLS 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						
FAB PILATES 9.20-10.15am ◆ BODYBALANCE 10.45-11.45am ◆ STRETCH & STABILISE 12.00-12.55pm ◆ MEDITATION MOMENT 1.10-1.40pm ◆ 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 ◆ GENTLE EXERCISE 12.00-12.55pm ◆ STRETCH & STABILISE 6.00-6.55pm BODYBALANCE 7.15-8.15pm	YOGA FUSION 9.20-10.15am ◆ PILATES 10.45-11.40am ◆	MERRY CHRISTMAS EVERYONE!	BODYBALANCE 9.20-10.20am ◆ 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 ◆ ACE LES MILLS SHAPES 10.45-11.30am BODYBALANCE 5.30-6.30pm ◆

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



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 ⑨ Fraser Place,
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 ① 9878 4576

Aqualink Box Hill

Group Fitness

Week 3 (29 Dec '25 - 4 Jan '26)

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

Monday 29/12 Tuesday 30/12 Wednesday 31/12 Thursday 1/1 Friday 2/1 Saturday 3/1 Sunday 4/1

Aqualink Box Hill Group Fitness Studio

BODYPUMP 9.20-10.20am LES MILLS 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 ♦ LES MILLS TONE 6.00-6.45pm ZUMBA 7.10-8.05pm	HIIT 6.10-6.55am LITE PACE 8.10-9.05am ♦ BODYPUMP 9.20-10.20am ZUMBA 10.40-11.35am ♦ NEW YEARS EVE CENTRE OPEN 6AM - 6PM	BODYPUMP 10.40-11.40am BODYPUMP 6.00-7.00pm NEW YEARS DAY CENTRE OPEN 10AM - 8PM	HIIT 6.10-6.55am FAB STRENGTH PLUS 8.10-9.05am ♦ BODYPUMP 9.20-10.20am WALK-COFFEE ▼ 9.30-10.25am LES MILLS 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 BODYATTACK 9.25-10.25am BODYPUMP 4.15-5.15pm
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Aqualink Box Hill Fitness Studio

LM STRENGTH DEVELOPMENT 6.15-7.00am HIIT 9.30-10.25am FAB STRENGTH PLUS 10.45-11.40am ♦ HIIT 6.25-7.20pm	HIIT 10.45-11.40am HIIT 6.25-7.20pm BOXING FITNESS 7.30-8.25pm	HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am	FAB STRENGTH PLUS 10.45-11.40am ♦ STRETCH EXPRESS 12.00-12.30pm ♦ HIIT 6.25-7.20pm	CORE EXPRESS 8.30-9.00am HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am HIIT 6.25-7.20pm	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
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Aqualink Box Hill Wellness Studio

YOGA FLOW 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 ♦ YOGA RELEASE 10.50-11.45am ♦ STRETCH & STABILISE 12.05-1.00pm ♦ GENTLE EXERCISE 1.45-2.40pm ♦ YOGA RELEASE 6.10-7.05pm LES MILLS SHAPES 7.15-8.00pm 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 ♦ NEW YEARS EVE CENTRE OPEN 6AM - 6PM	GENTLE EXERCISE 10.50-11.45am ♦ PILATES 12.05-1.00pm ♦ PILATES 6.10-7.10pm ♦ NEW YEARS DAY CENTRE OPEN 10AM - 8PM	LES MILLS SHAPES 6.15-7.00am STRETCH & STABILISE 8.15-9.10am ♦ PILATES 9.25-10.20am ♦ YOGA RELEASE 10.50-11.45am ♦ LES MILLS SHAPES 12.05-12.50pm PILATES 1.45-2.40pm ♦ YOGA RELEASE 6.10-7.05pm STRETCH & STABILISE 7.15-8.10pm	PILATES 8.10-9.05am YOGA FLOW 9.15-10.10am STRETCH & STABILISE 10.30-11.25am YOGA FUSION 11.35am-12.30pm PILATES ♦ 4.30-5.25pm	YOGA FUSION 8.10-9.05am PILATES 9.15-10.10am ♦ STRETCH & STABILISE 10.30-11.25am ♦ PILATES 4.30-5.25pm ♦
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Aqualink Box Hill Cycle Studio

For Virtual cycle classes visit aqualink.com.au

RPM 6.30-7.15pm	RPM 6.15-7.00am	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 ♦
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Aqualink Box Hill Aqua

♦ Access to all regular Group Fitness Members plus Fab Living Members

AQUA 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 ♦	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 ♦ WARM WATER AQUA 12.00-12.45pm ♦	DEEP WATER 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 Week 3 (29 Dec '25 - 4 Jan '26)

- ◆ Combined Regular Members plus Fab Living Members
- ⌚ New time
- ▼ Walk-Coffee departs from reception-foyer

Monday 29/12	Tuesday 30/12	Wednesday 31/12	Thursday 1/1	Friday 2/1	Saturday 3/1	Sunday 4/1
Aqualink Nunawading Studio 1						
LES MILLS CORE 6.10-6.55am 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 BODYSTEP 7.40-8.40pm	BODYSTEP 6.10-6.55am LITE PACE 8.05-9.00am ◆ GYMSTICK 9.15-10.00am ◆ WALK-COFFEE ▼ 9.30-10.25am ◆ BODYPUMP 10.40-11.40am FAB STRENGTH PLUS 12.05-1.00pm ◆	LES MILLS TONE 10.40-11.25am ◆ ZUMBA GOLD 12.05-1.00pm ◆ LM STRENGTH DEVELOPMENT 5.30pm-6.15pm BODYATTACK 6.30-7.30pm	SPRINT 6.10-6.40am 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	LES MILLS 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						
FAB PILATES 9.20-10.15am ◆ BODYBALANCE 10.45-11.45am ◆ STRETCH & STABILISE 12.00-12.55pm ◆ MEDITATION MOMENT 1.10-1.40pm ◆ YOGA FUSION 6.00-6.55pm PILATES 7.15-8.10pm	PILATES 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	BODYBALANCE 9.20-10.15am ◆ PILATES 10.45-11.40am ◆ NEW YEARS EVE CENTRE OPEN 6AM - 6PM	YOGA RELEASE 10.45-11.40am ◆ YOGA FUSION 6.00-6.55pm NEW YEARS DAY CENTRE OPEN 10AM - 8PM	YOGA RELEASE 7.00-7.55am ◆ BODYBALANCE 9.20-10.20am ◆ 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 ◆ LES MILLS 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 ◆	AQUA 10.40-11.25am ◆	AQUA 8.15-9.00am ◆ AQUA 9.30-10.15am ◆ AQUA 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/innerns.
- Participants must be at least high school age to attend all group fitness classes.



► aqualink.com.au
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 Box Hill VIC 3128
 ☎ 9843 2900

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

Aqualink Box Hill

Group Fitness

Week 4 (5 - 11 January, 2026)

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

Monday 5/1	Tuesday 6/1	Wednesday 7/1	Thursday 8/1	Friday 9/1	Saturday 10/1	Sunday 11/1
Aqualink Box Hill Group Fitness Studio						
BODYPUMP 6.10-6.55am ZUMBA GOLD 8.10-9.05am ♦ BODYPUMP 9.20-10.20am LES MILLS 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 ♦ LES MILLS 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 ♦ BODYCOMBAT 6.00-7.00pm 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 FAB STRENGTH PLUS 8.10-9.05am ♦ BODYPUMP 9.20-10.20am WALK-COFFEE ▼ 9.30-10.25am LES MILLS 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 HIIT ♦ 5.15-6.10pm HIIT 6.25-7.20pm	HIIT 10.45-11.40am HIIT 6.25-7.20pm BOXING FITNESS 7.30-8.25pm	HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am LM STRENGTH DEVELOPMENT 6.40-7.30pm	HIIT 9.30-10.25am FAB STRENGTH PLUS ♦ 10.45-11.40am STRETCH EXPRESS 12.00-12.30pm ♦ HIIT 6.25-7.20pm	CORE EXPRESS 8.30-9.00am HIIT 9.30-10.25am LM STRENGTH DEVELOPMENT 10.45-11.30am HIIT 6.25-7.20pm	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						
YOGA FLOW 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 ♦ YOGA RELEASE 10.50-11.45am ♦ STRETCH & STABILISE 12.05-1.00pm ♦ GENTLE EXERCISE 1.45-2.40pm ♦ YOGA RELEASE 6.10-7.05pm LES MILLS SHAPES 7.15-8.00pm 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 PILATES 7.15-8.10pm YOGA RELEASE 8.20-9.15pm	PILATES 8.15-9.10am ♦ TAI CHI 9.25-10.20am ♦ GENTLE EXERCISE 10.50-11.45am ♦ PILATES 12.05-1.00pm ♦ BODYBALANCE 6.10-7.10pm PILATES 7.15-8.10pm YOGA FUSION 8.20-9.15pm	LES MILLS SHAPES 6.15-7.00am STRETCH & STABILISE 8.15-9.10am ♦ PILATES 9.25-10.20am ♦ YOGA RELEASE 10.50-11.45am ♦ LES MILLS SHAPES 12.05-12.50pm PILATES 1.45-2.40pm ♦ YOGA RELEASE 6.10-7.05pm STRETCH & STABILISE 7.15-8.10pm	PILATES 8.10-9.05am YOGA FLOW 9.15-10.10am STRETCH & STABILISE 10.30-11.25am YOGA FUSION 11.35am-12.30pm PILATES ♦ 4.30-5.25pm	YOGA FUSION 8.10-9.05am PILATES 9.15-10.10am ♦ STRETCH & STABILISE 10.30-11.25am ♦ PILATES 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	RPM 9.30-10.15am ♦	RPM 6.15-7.00am	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 ♦	



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 Fraser Place,
 Forest Hill VIC 3131
 9878 4576

Aqualink Nunawading

Group Fitness Week 4 (5 - 11 January, 2025)

- ◆ Combined Regular Members plus Fab Living Members
- ② New time
- ▼ Walk-Coffee departs from reception-foyer

Monday 5/1	Tuesday 6/1	Wednesday 7/1	Thursday 8/1	Friday 9/1	Saturday 10/1	Sunday 11/1
Aqualink Nunawading Studio 1						
LES MILLS CORE 6.10-6.55am 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 BODYSTEP 7.40-8.40pm	BODYSTEP 6.10-6.55am LITE PACE 8.05-9.00am ◆ GYMSTICK 9.15-10.00am ◆ WALK-COFFEE ▼ 9.30-10.25am ◆ BODYPUMP 10.40-11.40am FAB STRENGTH PLUS 12.05-1.00pm ◆ LES MILLS CORE 5.50-6.20pm BODYSTEP 6.30-7.30pm CYCLE 7.40-8.25pm	BODYPUMP 6.10-6.55am FAB CIRCUIT 8.05-9.00am ◆ CYCLE 9.15-10.10am LES MILLS 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	SPRINT 6.10-6.40am 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	LES MILLS 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						
FAB PILATES 9.20-10.15am ◆ BODYBALANCE 10.45-11.45am ◆ STRETCH & STABILISE 12.00-12.55pm ◆ MEDITATION MOMENT 1.10-1.40pm ◆ 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 ◆ GENTLE EXERCISE 12.00-12.55pm ◆ STRETCH & STABILISE 6.00-6.55pm PILATES 7.15-8.15pm	STRETCH & STABILISE 9.20-10.15am ◆ PILATES 10.45-11.40am ◆ PILATES 6.25-7.20pm LM STRENGTH DEVELOPMENT 7.40-8.25pm	PILATES 8.10-9.05am ◆ STRETCH & STABILISE 9.20-10.15am ◆ TAI CHI 10.45-11.40am ◆ YOGA FUSION 6.00-6.55pm ◆	YOGA RELEASE 7.00-7.55am ◆ BODYBALANCE 9.20-10.20am ◆ 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 ◆ LES MILLS 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



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



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