Aqualink Box Hill Group Fitness was

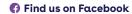
Group Fitness Week 1 (15-21 December, 2025

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

Group Fitness Week 1 (15-21 December, 2025) 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 G	iroup 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 8.15-9.15αm	
ZUMBA GOLD	FAB STRENGTH	LITE PACE	FAB STRENGTH	FAB STRENGTH PLUS		BODYCOMBAT	
8.10-9.05am ◆ BODYPUMP	8.10-9.05am ♦	8.10-9.05am ◆	7.45-8.40am ♦	8.10-9.05am ◆ BODYPUMP	9.25-10.25am ZUMBA	9.25-10.25am	
9.20-10.20am	9.20-10.15am ◆	BODYPUMP 9.20-10.20am	9.20-10.15am ◆	9.20-10.20am	10.40-11.35am		
LES MILLS TONE 10.40-11.25αm ♦	BODYPUMP 10.40-11.40am	ZUMBA 10.40-11.35αm Φ	BODYPUMP 10.40-11.40am	WALK-COFFEE ▼ 9.30-10.25am ◆			
ZUMBA 12.00-12.55pm ♦	FAB STRENGTH 12.00-12.55pm ◆	BODYCOMBAT	BODYPUMP	LES MILLS TONE	CHRISTMA		
BODYPUMP	LES MILLS TONE	6.00-7.00pm	6.00-7.00pm ZUMBA	10.40-11.25am ◆ FAB STRENGTH	TIMETABLI MON SU	E JN	
6.00-7.00pm BODYATTACK	6.00-6.45pm ZUMBA	BODYPUMP 7.10-8.10pm	7.10-8.05pm	12.00-12.55pm ◆	15 - 2		
7.10-8.10pm	7.10-8.05pm			ZUMBA 6.30-7.25pm	DECEMBE		
	BODYPUMP 8.20-9.05pm						
Aqualink Box Hill Fit	ness Studio						
LM STRENGTH	BOXING FITNESS	нит	нит	CORE EXPRESS	BOXING FITNESS	нит	
DEVELOPMENT 6.15-7.00am	9.30-10.25am HIIT	9.30-10.25am LM STRENGTH	9.30-10.25am FAB STRENGTH	8.30-9.00am	8.25-9.20am HIIT	8.25-9.20am BOXING	
HIIT	10.45-11.40am	DEVELOPMENT	PLUS 10.45-11.40am ◆	9.30-10.25am	9.30-10.25am	FITNESS	
9.30-10.25am FAB STRENGTH PLUS	HIIT 6.25-7.20pm	10.45-11.30am LM STRENGTH	STRETCH	LM STRENGTH DEVELOPMENT	LM STRENGTH DEVELOPMENT	9.30-10.25am	
10.45-11.40am ◆ HIIT	BOXING FITNESS	DEVELOPMENT 6.40-7.30pm	EXPRESS 12.00-12.30pm ◆	10.45-11.30am	10.45-11.30am		
6.25-7.20pm	7.30-8.25pm	0.40 7.30pm	HIIT 6.25-7.20pm				
			6.25-7.20pm				
Aqualink Box Hill We	ellness Studio PILATES	YOGA FUSION	PILATES	CTRETCH	PILATES	YOGA FUSION	
9.25-10.20am ♦	9.25-10.20am ◆	6.15-7.00am	8.15-910am ♦	STRETCH & STABILISE	8.10-9.05am	8.10-9.05am	
STRETCH & STABILISE	TAI CHI 10.50-11.45am ◆	YOGA FUSION 9.25-10.20am ◆	STRETCH & STABILISE	8.15-9.10am ♦	YOGA FLOW 9.15-10.10am	PILATES 9.15-10.10am ◆	
10.50-11.45am ◆ YOGA RELEASE	STRETCH &	PILATES	9.25-10.20am ◆	9.25-10.20am ♦ YOGA RELEASE	STRETCH &	STRETCH &	
12.05-1.00pm ♦	STABILISE 12.05-1.00pm ◆	10.50-11.45am ♦ MEDITATION	GENTLE EXERCISE 10.50-11.45am ◆	10.50-11.45am ◆	STABILISE 10.30-11.25am	STABILISE 10.30-11.25am ◆	
PILATES 1.45-2.40pm ◆	GENTLE EXERCISE 1.45-2.40pm ◆	12.05-1.00pm ♦ STRETCH &	PILATES 12.05-1.00pm ◆	LES MILLS SHAPES 12.05-12.50pm	YOGA FUSION 11.35am-12.30pm	PILATES 4.30-5.25pm ◆	
PILATES	YOGA RELEASE	STABILISE	STRETCH &	PILATES	PILATES	,	
6.10-7.05pm YOGA FLOW	6.10-7.05pm LES MILLS SHAPES	1.45-2.40pm ◆ YOGA FUSION	STABILISE 6.10-7.10pm	1.45-2.40pm ◆ YOGA RELEASE	4.30-5.25pm ◆		
7.15-8.10pm	7.15-8.00pm PILATES	6.10-7.05pm PILATES	PILATES 7.15-8.10pm	6.10-7.05pm			
	8.20-9.15pm	7.15-8.10pm	YOGA FUSION				
			8.20-9.15pm				
Aqualink Box Hill Cy	jcle Studio Foi	Virtual cycle classes	visit aqualink.com.a	u			
	RPM 6.15-7.00αm	CYCLE 9.30-10.25am ◆	RPM 6.15-7.00am	RPM 6.15-7.00am	RPM 9.30-10.15am	CYCLE 9.30-10.25am ♦	
	0.13 7.000111	9.30 10.23dill V	0.13 7.00am	RPM	7.50 10.15d111	9.30 10.23diii 🗸	
				9.30-10.15am			
Aqualink Box Hill Aq		, in the second	up Fitness Members plu	, in the second			
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 ◆		
AQUA	OUTDOOR AQUA 9.30-10.15αm ♦	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 ◆		
9.30-10.15am ♦ DEEP WATER AQUA	DEEP WATER AQUA	•		WARM WATER AQUA	9.10-9.55am		
11.00-11.45am ♦	11.00-11.45am ◆	11.00-11.45am ♦ WARM WATER AQUA	12.30-1.15pm ◆	11.00-11.45am ◆ WARM WATER AQUA			
WARM WATER AQUA 12.30-1.15pm ◆		12.00-12.45pm ◆	8.05-8.50pm ◆	12.00-12.45pm ◆			
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 ♦							







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Surrey Drive, Box Hill VIC 31289843 2900 Aqualink Nunawading
• Fraser Place,
Forest Hill VIC 3131

Aqualink Nunawading Group Fitness Week 1 (15-21 Dec, 2025)

- ◆ Combined **Regular Members** plus **Fab Living Members**
- Ø 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 Nunawa	ıding 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 CHRISTM TIMETAB MON S 15 — 2 DECEME	SUN 21
Aqualink Nunawad	ling 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 Nunawad	,	cess to all regular Gro	oup Fitness Members pl	lus Fab Living Member	rs	
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



- \cdot 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.







Find us on Facebook



Surrey Drive, Box Hill VIC 3128

9843 2900

Aqualink Nunawading

Fraser Place, Forest Hill VIC 3131

Aqualink Box Hill Group Fitness Week 2 (22-28 December, 2025)

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

▼ 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 G	roup Fitness Studio					
BODYPUMP 9.20-10.20am LES MILLS TONE 10.40-11.25am ◆	HIIT 6.10-6.55am FAB STRENGTH 8.10-9.05am ◆	HIIT 6.10-6.55am LITE PACE 8.10-9.05am ◆	CENTRE	FAB STRENGTH PLUS 8.10-9.05am ♠ BODYPUMP 9.20-10.20am	BODYCOMBAT 8.15-9.15am BODYPUMP 9.25-10.25am	BODYPUMP 8.15-9.15am BODYCOMBAT 9.25-10.25am
ZUMBA 12.00-12.55pm ◆	ZUMBA 9.20-10.15am ◆	BODYPUMP 9.20-10.20am	OPENING HOURS	WALK-COFFEE ▼ 9.30-10.25am ◆	ZUMBA 10.40-11.35am	BODYPUMP 4.15-5.15pm
BODYPUMP 6.00-7.00pm BODYATTACK 7.10-8.10pm	BODYPUMP 10.40-11.40am FAB STRENGTH ◆ 12.00-12.55pm LES MILLS TONE 6.00-6.45pm ZUMBA 7.10-8.05pm	ZUMBA 10.40-11.35am ◆	CHRISTMAS EVE 24 DEC 6AM - 6PM CHRISTMAS DAY 25 DEC CLOSED BOXING DAY 26 DEC 8AM - 8PM	LES MILLS TONE 10.40-11.25 cm ◆ FAB STRENGTH 12.00-12.55 pm ◆ ZUMBA 6.30-7.25 pm	DECEMBER TIM MON 22 -	SUN
Aqualink Box Hill Fit						
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 We	ellness 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 Cy	cle Studio For	Virtual cycle classes	visit aqualink.com.a	u		
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 Aq	ua ◆ Acc	ess to all regular Grou	up Fitness Members plu	ıs 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 ◆	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 8.10-8.55αm ◆ DEEP WATER AQUA 9.10-9.55αm ◆	



AQUAFIT 7.10-7.55pm **◆**

DEEP WATER AQUA 8.05-8.50pm ◆





Aqualink Box Hill

Surrey Drive, Box Hill VIC 3128

9843 2900

Aqualink Nunawading

Fraser Place, Forest Hill VIC 3131

Aqualink NunawadingGroup Fitness Week 2 (22-18 Dec, 2025)

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

Mondau 22/12 Tuesdau 23/12 Wednesday 24/12 Thursday 25/12 Friday 26/12 Saturday 27/12 Sunday 28/12 **Aqualink Nunawading Studio 1** LES MILLS CORE BODYSTEP **FAB STRENGTH** LES MILLS TONE CYCLE 6.10-6.55am 8.10-8.55am 8.15-9.10am 6.10-6.55am 6.10-6.55am **PLUS CENTRE** 8.10-9.05am ◆ **FAB CIRCUIT FAB STRENGTH** LITE PACE **CYCLE BODYSTEP OPENING** 8.05-9.00am ◆ 8.05-9.00am ◆ **BODYPUMP** 8.05-9.00am ◆ 9.15-10.10am 9.30-10.30am 9.15-10.15am **BODYPUMP CYCLE EXPRESS** ◆ **GYMSTICK BODYPUMP BODYSTEP HOURS FAB STRENGTH** 9.15-10.15am 9.15-9.45am 9.15-10.00am ◆ 10.30-11.30am 4.15-5.15pm 10.40-11.35am ♠ **CORE EXPRESS** ZUMBA WALK-COFFEE V **BODYPUMP CHRISTMAS EVE** 10.40-11.35am ◆ **ZUMBA GOLD** 10.00-10.30am 4.15-5.15pm 9.30-10.25am 24 DFC 12.05-1.00pm ◆ **FAB STRENGTH** STEP AEROBICS **BODYPUMP 6AM - 6PM** 10.40-11.35am **BODYPUMP** 12.05-1.00pm ◆ 10.40-11.40am **CHRISTMAS DAY** 6.30-7.30pm **BODYPUMP FAB STRENGTH PLUS** 6.30-7.25pm 6.30-7.30pm 25 DEC 12.05-1.00pm ◆ **CLOSED** DECEMBER TIMETABLE **BODYPUMP BODYSTEP** 7.40-8.40pm 7.40-8.40pm **BOXING DAY** MON SUN 26 DEC **8AM - 8PM** Aqualink Nunawading Studio 2 **FAB PILATES** YOGA FUSION **BODYBALANCE** STRETCH **PILATES** HIIT 9.20-10.15am ◆ & STABILISE 9.20-10.15am ◆ 9.20-10.20am **(** 8.15-9.10am 8.15-9.10am 7.00-7.55am ◆ YOGA FUSION LES MILLS CORE **BODYBALANCE** PII ATES **YOGA FLOW** 9.30-10.25am ◆ **PILATES** 10.45-11.40am ◆ 10.45-11.45am ◆ 10.45-11.40am ◆ 9.30-10.15am 9.20-10.15am ◆ **STRETCH &** YOGA RELEASE **PILATES** ACE YOGA FLOW 12.00-12.55pm ◆ STABILISE 10.45-11.40am **LES MILLS** 12.00-12.55pm ◆ 10.45-11.40am ◆ YOGA FLOW **♦ SHAPES PILATES MERRY** 10.45-11.30am **MEDITATION GENTLE** 6.00-6.55pm 3.00-3.55pm **CHRISTMAS MOMENT EXERCISE BODYBALANCE** 1.10-1.40pm ◆ 12.00-12.55pm ◆ 5.30-6.30pm ◆ **EVERYONE! YOGA FUSION STRETCH** & STABILISE 6.00-6.55pm 6.00-6.55pm **PILATES BODYBALANCE** 7.15-8.10pm 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** 8.15-9.00am ◆ **AQUA** 9.00-9.45am **◆** DEEP WATER AQUAFIT AQUAFIT **AQUA AQUA** 9.30-10.15am ◆ 9.30-10.15am ◆ 10.00-10.45am ◆ 10.40-11.25am◆ **AQUA** 9.30-10.15am ◆ **AQUA AOUA** 12.00-12.45pm ◆ **DEEP WATER** 10.40-11.25am ◆ **AQUA** 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



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- Please arrive at least 5 minutes prior to the class start time.
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- 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.







😝 Find us on Facebook

Aqualink Box Hill

Surrey Drive, Box Hill VIC 3128

9843 2900



Fraser Place, Forest Hill VIC 3131

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		
Aquαlink Box Hill Group Fitness Studio								
BODYPUMP 9.20-10.20am	HIIT 6.10-6.55αm	HIIT 6.10-6.55am	BODYPUMP 10.40-11.40am	HIIT 6.10-6.55am	BODYCOMBAT 8.15-9.15am	BODYPUMP 8.15-9.15am		
LES MILLS TONE 10.40-11.25am ◆	FAB STRENGTH 8.10-9.05am ◆	LITE PACE 8.10-9.05am ◆	BODYPUMP 6.00-7.00pm	FAB STRENGTH PLUS 8.10-9.05am ◆	BODYPUMP 9.25-10.25am	BODYATTACK 9.25-10.25am		
ZUMBA 12.00-12.55pm ◆	ZUMBA 9.20-10.15am ◆	BODYPUMP 9.20-10.20am		BODYPUMP 9.20-10.20am	ZUMBA 10.40-11.35am	BODYPUMP 4.15-5.15pm		
BODYPUMP 6.00-7.00pm	BODYPUMP 10.40-11.40am	ZUMBA 10.40-11.35αm ◆		WALK-COFFEE ▼ 9.30-10.25am ◆				
BODYATTACK 7.10-8.10pm	FAB STRENGTH 12.00-12.55pm ◆			LES MILLS TONE 10.40-11.25am ◆				
	LES MILLS TONE 6.00-6.45pm	NEW YEARS EVE	NEW YEARS DAY	FAB STRENGTH 12.00-12.55pm ◆	CHRISTMAS TIMET MON SU	ABLE OF THE STATE		
	ZUMBA 7.10-8.05pm	CENTRE OPEN 6AM - 6PM	CENTRE OPEN 10AM - 8PM	ZUMBA 6.30-7.25pm	29 – 4	AN +		
						*		

Aqualink Box Hill Fitness Studio

LM STRENGTH DEVELOPMENT 6.15-7.00am HIIT 9.30-10.25am FAB STRENGTH PLUS 7.30-8.25pm 10.45-11.40am ◆ HIIT

6.25-7.20pm

10.45-11.40am 6.25-7.20pm **BOXING FITNESS**

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

STABILISE

PILATES ◆

4.30-5.25pm

10.30-11.25am

YOGA FUSION

11.35am-12.30pm

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 �

> **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 YOGA FLOW 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 YOGA FUSION 8.10-9.05am 8.10-9.05am **PILATES** 9.15-10.10am 9.15-10.10am **STRETCH & STRETCH &**

STABILISE 10.30-11.25am ◆ **PILATES** 4.30-5.25pm ◆

Aqualink Box Hill Cycle Studio For Virtual cycle classes visit aqualink.com.au

6.30-7.15pm

AQUA

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 **DEEP WATER AQUA AQUA AOUA**

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 ◆

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

11.00-11.45am◆ **WARM WATER AQUA** 12.30-1.15pm ◆

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

Aqualink Nunawading

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

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

Mondau 29/12 Tuesdau 30/12 Wednesday 31/12 Thursday 1/1 Friday 2/1 Saturday 3/1 Sunday 4/1 **Aqualink Nunawading Studio 1** LES MILLS CORE BODYSTEP LES MILLS TONE SPRINT LES MILLS TONE CYCLE 6.10-6.55am 10.40-11.25am ◆ 6.10-6.40am 8.10-8.55am 8.15-9.10am 6.10-6.55am 6.10-6.55am **FAB CIRCUIT FAB STRENGTH** LITE PACE **ZUMBA GOLD** CYCLE **BODYSTEP FAB STRENGTH** 8.05-9.00am ◆ 8.05-9.00am ◆ 8.05-9.00am ◆ 12.05-1.00pm 9.15-10.10am 9.30-10.30am PLUS 8.05-9.00am ◆ **BODYPUMP CYCLE EXPRESS GYMSTICK** LM STRENGTH **BODYPUMP BODYSTEP** 9.15-10.15am 9.15-9.45am ◆ **DEVELOPMENT BODYPUMP** 10.30-11.30am 4.15-5.15pm 9.15-10.00am **1** 5.30pm-6.15pm **CORE EXPRESS** 9.15-10.15am ZUMBA WALK-COFFEE T **BODYPUMP** 10.40-11.35am ◆ **BODYATTACK** 10.00-10.30am 9.30-10.25am ◆ 4.15-5.15pm **FAR STRENGTH** 6.30-7.30pm **FAB STRENGTH** STEP AEROBICS 10.40-11.35am ◆ **BODYPUMP** 10.40-11.35am 12.05-1.00pm ◆ 10 40-11 40am ZUMBA GOLD **BODYPUMP** 12.05-1.00pm � **FAB STRENGTH PLUS** 6.30-7.25pm 6.30-7.30pm **BODYPUMP** 12.05-1.00pm ◆ CHRISTMAS TIMETABLE 6.30-7.30pm **BODYPUMP BODYSTEP** SUN MON 7.40-8.40pm 7.40-8.40pm - 4 29 JAN DEC Aqualink Nunawading Studio 2 YOGA RELEASE YOGA RELEASE **FAB PILATES BODYBALANCE PILATES PILATES** HIIT 9.20-10.15am 9.20-10.15am 9.20-10.15am ◆ 10.45-11.40am **(** 7.00-7.55am ◆ 8.15-9.10am **1** 8.15-9.10am **YOGA FUSION BODYBALANCE** LES MILLS CORE **BODYBALANCE YOGA FLOW** PII ATES **YOGA FLOW** 10.45-11.40am ◆ 10.45-11.40am ◆ 10.45-11.45am ◆ 6.00-6.55pm 9.20-10.20am ◆ 9.30-10.15am 9.30-10.25am ◆ **STRETCH & GENTLE** YOGA FUSION YOGA RELEASE **LES MILLS EXERCISE** STABILISE 10.45-11.40am ◆ 10.45-11.40am **SHAPES** 12.00-12.55pm ◆ 12.00-12.55pm ◆ 10.45-11.30am **PILATES** YOGA FLOW

Aqualink Nunawading Aqua

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

NEW YEARS

DAY

CENTRE OPEN

10AM - 8PM

AQUA 8.45-9.30am **♦ AQUAFIT** 10.40-11.25am **AOUA** 12.00-12.45pm AQUAFIT 6.30-7.15pm ◆ **DEEP WATER** AQUA 7.30-8.15pm

MEDITATION

1.10-1.40pm ◆

6.00-6.55pm

YOGA FUSION

MOMENT

PILATES 7.15-8.10pm

> **AQUA** 8.15-9.00am ◆ **DEEP WATER AOUA** 9.30-10.15am ◆ **DEEP WATER AQUA** 6.30-7.15pm ◆

STRETCH

& STABILISE

7.15-8.15pm

6.00-6.55pm ◆

BODYBALANCE

AQUA 8.15-9.00am **◆ AQUAFIT**

9.30-10.15am ◆

NEW YEARS

EVE

CENTRE OPEN

6AM - 6PM

AQUA 10.40-11.25am ◆

AQUA 8.15-9.00am ◆ **AQUA** 9.30-10.15am **♦ AOUA** 10.40-11.25am ◆

12.00-12.55pm ◆

6.00-6.55pm ◆

PILATES

3.00-3.55pm ◆

AQUA 9.00-9.45am ◆ **AOUA** 10.00-10.45am ◆

BODYBALANCE

5.30-6.30pm

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.







🕝 Find us on Facebook



Surrey Drive, Box Hill VIC 3128

9843 2900



Fraser Place. Forest Hill VIC 3131

Aqualink Box Hill Group Fitness Week 4 (5-11 January, 2026)

♦ Combined Regular Members plus Fab Living Members

▼ 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 ◆	HIIT 6.10-6.55am FAB STRENGTH 8.10-9.05am ◆	HIIT 6.10-6.55am LITE PACE 8.10-9.05am ◆	BODYPUMP 6.10-6.55am FAB STRENGTH 7.45-8.40am ◆	HIIT 6.10-6.55am FAB STRENGTH PLUS 8.10-9.05am ◆	BODYCOMBAT 8.15-9.15am BODYPUMP 9.25-10.25am	BODYPUMP 8.15-9.15am 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 ◆	BODYPUMP 9.20-10.20am	ZUMBA 10.40-11.35am	BODYPUMP 4.15-5.15pm		
LES MILLS TONE 10.40-11.25am ◆ ZUMBA	BODYPUMP 10.40-11.40am FAB STRENGTH	ZUMBA 10.40-11.35am ◆	BODYPUMP 10.40-11.40am	WALK-COFFEE ▼ 9.30-10.25am ◆	CHRISTM	A.C.		
12.00-12.55pm ◆ BODYPUMP 6.00-7.00pm BODYATTACK 7.10-8.10pm	12.00-12.55pm ◆ LES MILLS TONE 6.00-6.45pm ZUMBA 7.10-8.05pm BODYPUMP 8.20-9.05pm	BODYCOMBAT 6.00-7.00pm BODYPUMP 7.10-8.10pm	BODYPUMP 6.00-7.00pm ZUMBA 7.10-8.05pm	LES MILLS TONE 10.40-11.25am ◆ FAB STRENGTH 12.00-12.55pm ◆ ZUMBA 6.30-7.25pm	TIMETABL	LE UN 1		
Aqualink Box Hill Fit	ness 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 We	ellness 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 8.15-910am ◆ 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 Cy		·	visit aqualink.com.a		0.00.5	ava -		
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 Aq		, and the second	up Fitness Members plu	, j				
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 ◆	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 ◆	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 ◆				



12.30-1.15pm **♦**

WARM WATER AQUA 1.30-2.15pm **AQUAFIT** 7.10-7.55pm ◆ **DEEP WATER AQUA**



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12.00-12.45pm **♦**

AQUA-ZUMBA 7.35-8.20pm **◆**

Aqualink Box Hill

12.00-12.45pm ◆

Surrey Drive, Box Hill VIC 3128

9843 2900

Forest Hill VIC 3131

9878 4576

Fraser Place,

Aqualink Nunawading

Aqualink Nunawading

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

- ◆ Combined **Regular Members** plus **Fab Living Members**
- Ø 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 CHRIST TIMETA MON 5 — JANU	ABLE SUN 11		
Aqualink Nunawaa	ding Studio 2							
FAB PILATES 9.20-10.15am ◆ BODYBALANCE 10.45-11.45am ◆ STRETCH & 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 Nunawaa	d ing Aquα ◆ Ac	cess to all regular Gro	up Fitness Members pl	us Fab Living Member	s			
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 ◆		

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- 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.







😝 Find us on Facebook



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Fraser Place, Forest Hill VIC 3131