

# Aqualink Box Hill Virtual Cycle Classes

12 January - 8 February 2026

- ⌚ Virtual Group Fitness classes (unsupervised)
- ⌚ Live Class
- ◆ Combined Regular Members plus Fab Living Members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqualink Box Hill Cycle Studio</b>						
<b>VIRTUAL RPM ⌚</b> 6.15-7.00am	<b>RPM (⌚)</b> 6.15-7.00am	<b>VIRTUAL SPRINT ⌚</b> 6.15-6.45am	<b>RPM (⌚)</b> 6.15-7.00am	<b>RPM (⌚)</b> 6.15-7.00am	<b>CYCLE (⌚) ◆</b> 8.20am-9.15am	<b>VIRTUAL RPM ⌚</b> 8.30am-9.15am
<b>VIRTUAL RPM ⌚</b> 7.30-8.15am	<b>VIRTUAL RPM ⌚</b> 7.30-8.15am	<b>VIRTUAL RPM ⌚ EXPRESS</b> 7.30-8.00am	<b>VIRTUAL RPM ⌚</b> 7.30-8.15am	<b>VIRTUAL RPM ⌚</b> 7.30-8.15am	<b>RPM (⌚)</b> 9.30-10.15am	<b>CYCLE (⌚) ◆</b> 9.30-10.25am
<b>VIRTUAL SPRINT ⌚</b> 8.30-9.00am	<b>VIRTUAL SPRINT ⌚</b> 8.30-9.00am	<b>VIRTUAL SPRINT ⌚</b> 8.30-9.00am	<b>VIRTUAL RPM ⌚</b> 8.30-9.15am	<b>VIRTUAL SPRINT ⌚</b> 8.30-9.00am	<b>VIRTUAL SPRINT ⌚</b> 10.45-11.15am	<b>VIRTUAL SPRINT ⌚</b> 10.45-11.15am
<b>VIRTUAL SPRINT ⌚</b> 9.30-10.00am	<b>VIRTUAL RPM ⌚</b> 9.30-10.15am	<b>CYCLE (⌚) ◆</b> 9.30-10.25am	<b>VIRTUAL TRIP ⌚</b> 9.30-10.15am	<b>RPM (⌚)</b> 9.30-10.15am	<b>VIRTUAL RPM ⌚</b> 11.30am-12.15pm	<b>VIRTUAL TRIP ⌚</b> 11.30am-12.15pm
<b>VIRTUAL TRIP ⌚</b> 10.30-11.15am	<b>VIRTUAL SPRINT ⌚</b> 10.30-11.00am	<b>VIRTUAL TRIP ⌚</b> 11.30am-12.15pm	<b>VIRTUAL SPRINT ⌚</b> 10.30-11.00am	<b>VIRTUAL TRIP ⌚</b> 11.30am-12.15pm	<b>VIRTUAL SPRINT ⌚</b> 12.30-1.00pm	<b>VIRTUAL SPRINT ⌚</b> 12.30-1.00pm
<b>VIRTUAL RPM ⌚</b> 11.30am-12.15pm	<b>VIRTUAL RPM ⌚</b> 11.30am-12.15pm	<b>VIRTUAL SPRINT ⌚</b> 12.30-1.00pm	<b>VIRTUAL TRIP ⌚</b> 11.30am-12.15pm	<b>VIRTUAL RPM ⌚ EXPRESS</b> 12.30-1.00pm	<b>VIRTUAL TRIP ⌚</b> 1.30-2.15pm	<b>VIRTUAL RPM ⌚</b> 1.30-2.15pm
<b>VIRTUAL SPRINT ⌚</b> 12.30-1.00pm	<b>VIRTUAL TRIP ⌚</b> 12.30-1.15pm	<b>VIRTUAL RPM ⌚</b> 1.30-2.15pm	<b>VIRTUAL SPRINT ⌚</b> 12.30-1.00pm	<b>VIRTUAL RPM ⌚</b> 1.30-2.15pm	<b>VIRTUAL SPRINT ⌚</b> 2.30-3.00pm	<b>VIRTUAL SPRINT ⌚</b> 2.30-3.00pm
<b>VIRTUAL RPM ⌚</b> 1.30-2.15pm	<b>VIRTUAL RPM ⌚</b> 1.30-2.15pm	<b>VIRTUAL SPRINT ⌚</b> 2.30-3.00pm	<b>VIRTUAL SPRINT ⌚</b> 2.30-3.00pm	<b>VIRTUAL RPM ⌚</b> 1.30-2.15pm	<b>VIRTUAL SPRINT ⌚</b> 3.30-4.15pm	<b>VIRTUAL RPM ⌚</b> 3.30-4.15pm
<b>VIRTUAL TRIP ⌚</b> 2.30-3.15pm	<b>VIRTUAL SPRINT ⌚</b> 2.30-3.00pm	<b>VIRTUAL RPM ⌚</b> 3.30-4.15pm	<b>VIRTUAL SPRINT ⌚</b> 2.30-3.00pm	<b>VIRTUAL RPM ⌚</b> 3.30-4.15pm	<b>VIRTUAL SPRINT ⌚</b> 4.30-5.00pm	<b>VIRTUAL RPM ⌚</b> 4.30-5.15pm
<b>VIRTUAL RPM ⌚</b> 3.30-4.15pm	<b>VIRTUAL TRIP ⌚</b> 3.30-4.15pm	<b>VIRTUAL SPRINT ⌚</b> 4.30-5.00pm	<b>VIRTUAL TRIP ⌚</b> 3.30-4.15pm	<b>VIRTUAL SPRINT ⌚</b> 4.30-5.00pm	<b>VIRTUAL TRIP ⌚</b> 5.30-6.15pm	<b>VIRTUAL RPM ⌚ EXPRESS</b> 5.30-6.00pm
<b>VIRTUAL RPM ⌚</b> 4.30-5.15pm	<b>VIRTUAL RPM ⌚</b> 4.30-5.15pm	<b>VIRTUAL SPRINT ⌚</b> 5.30-6.00pm	<b>VIRTUAL RPM ⌚</b> 4.30-5.00pm	<b>VIRTUAL TRIP ⌚</b> 5.30-6.15pm	<b>VIRTUAL SPRINT ⌚</b> 6.30-7.00pm	<b>VIRTUAL TRIP ⌚</b> 6.30-7.15pm
<b>VIRTUAL SPRINT ⌚</b> 5.30-6.00pm	<b>VIRTUAL RPM ⌚</b> 5.30-6.15pm	<b>VIRTUAL RPM ⌚</b> 6.30-7.15pm	<b>VIRTUAL TRIP ⌚</b> 6.30-7.15pm	<b>VIRTUAL TRIP ⌚</b> 7.30-8.15pm	<b>VIRTUAL SPRINT ⌚</b> 7.30-8.15pm	
<b>RPM (⌚)</b> 6.30-7.15pm	<b>VIRTUAL SPRINT ⌚</b> 6.30-7.00pm	<b>VIRTUAL RPM ⌚</b> 7.30-8.15pm	<b>VIRTUAL TRIP ⌚</b> 7.30-8.15pm	<b>VIRTUAL SPRINT ⌚</b> 8.30-9.15pm	<b>VIRTUAL TRIP ⌚</b> 8.30-9.15pm	
<b>VIRTUAL RPM ⌚</b> 7.30-8.15pm	<b>VIRTUAL RPM ⌚</b> 7.30-8.15pm		<b>VIRTUAL TRIP ⌚</b> 7.30-8.15pm			
<b>VIRTUAL SPRINT ⌚</b> 8.30-9.00pm	<b>VIRTUAL SPRINT ⌚</b> 8.30-9.00pm		<b>VIRTUAL SPRINT ⌚</b> 8.30-9.00pm			



For live class timetables and descriptions, visit [aqualink.com.au](http://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.
- As a courtesy and for safety reasons, participants will not be admitted into group fitness classes after the class has commenced.
- Place your personal belongings and bags in a locker or in-studio pigeon holes.
- Please bring a towel and water bottle to every class.
- Participants must be aged 14 years and over to attend all group fitness classes.

#### Virtual Group Fitness Class (unsupervised)

- This class operates without the presence / supervision of an instructor. Regular supervisory checks by staff will occur during classes.
- Follow the instructions of the virtual instructor at all times, including equipment set up.
- Please leave equipment in its designated area. Do not move equipment.
- If you require emergency staff assistance, please press the duress alarm button in the studio.
- If you require staff assistance, please see a staff member at reception or in the gym.
- Cycle studio etiquette is to be followed at all times.

#### Aqualink Operating Hours:

Monday to Friday: 6am-10pm  
Weekends and Public Holidays: 8am-8pm  
Closed Christmas Day and Good Friday.  
Access and hours may vary.



\* Please refer to the Aqualink Client Portal for most up to date class information.  
Classes may change without notice.