

Aqualink Box Hill Virtual Cycle Classes

Effective 7 April 2025

**NEW
TIMES**

- 🕒 Virtual Group Fitness classes (unsupervised)
- 🕒 Live Class

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



For live class timetables 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.
- 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.



🌐 aqualink.com.au
📱 Find us on Facebook

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📍 Surrey Drive,
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