

Aqualink Box Hill Virtual Cycle Classes

Effective 9 February, 2026

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

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



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 a minimum of high school age 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.

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

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.



► aqualink.com.au
► [Find us on Facebook](#)

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