

Aqualink Box Hill

Reformer Pilates Classes

Effective 9 February, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqualink Box Hill Movement Studio						
ESSENTIALS 6.15am - 7.00am	ESSENTIALS 8.15am - 9.00am	ESSENTIALS 6.15am - 7.00am	FOUNDATION 6.15am - 7.00am	ESSENTIALS 6.15am - 7.00am	POWER MOVES 8.15am - 9.00am	ESSENTIALS 8.15am - 9.00am
POWER MOVES 7.15am - 8.00am	FOUNDATION 9.15am - 10.00am	ESSENTIALS 7.15am - 8.00am	ESSENTIALS 8.15am - 9.00am	ESSENTIALS 7.15am - 8.00am	FOUNDATION 9.15am - 10.00am	POWER MOVES 9.15am - 10.00am
ESSENTIALS 8.15am - 9.00am	ESSENTIALS 10.15am - 11.00am	FOUNDATION 9.15am - 10.00am	ESSENTIALS 9.15am - 10.00am	POWER MOVES 9.15am - 10.00am	ESSENTIALS 10.15am - 11.00am	FOUNDATION 10.15am - 11.00am
ESSENTIALS 9.15am - 10.00am	ESSENTIALS 11.15am - 12.00pm	ESSENTIALS 10.15am - 11.00am	POWER MOVES 10.15am - 11.00am	ESSENTIALS 10.15am - 11.00am	FOUNDATION 11.15am - 12.00pm	ESSENTIALS 11.15am - 12.00pm
FOUNDATION 10.15am - 11.00am	FOUNDATION 6.15pm - 7.00pm	POWER MOVES 12.15pm - 1.00pm	ESSENTIALS 11.15am - 12.00pm	FOUNDATION 12.15pm - 1.00pm	ESSENTIALS 3.15pm - 4.00pm	ESSENTIALS 3.15pm - 4.00pm
ESSENTIALS 12.15pm - 1.00pm	ESSENTIALS 7.15pm - 8.00pm	ESSENTIALS 5.15pm - 6.00pm	ESSENTIALS 6.15pm - 7.00pm	ESSENTIALS 5.15pm - 6.00pm		
FOUNDATION 5.15pm - 6.00pm	POWER MOVES 8.15pm - 9.00pm	POWER MOVES 6.15pm - 7.00pm	ESSENTIALS 7.15pm - 8.00pm	ESSENTIALS 6.15pm - 7.00pm		
ESSENTIALS 6.15pm - 7.00pm		FOUNDATION 7.15pm - 8.00pm	FOUNDATION 8.15pm - 9.00pm			
ESSENTIALS 7.15pm - 8.00pm						

Class Descriptions:

FOUNDATION - This class is designed to help you build your confidence and develop skills. **Expect a full body, low impact workout** teaching you everything you need to know to get the most out of your classes.

ESSENTIALS - The next step beyond Foundation. Your everyday go-to-Reformer Pilates class with a strong focus on technique, combining traditional and contemporary Pilates. **Expect a full body, low impact workout.**

POWER MOVES - The next step beyond Essentials. Suitable for those confident and experienced in Reformer Pilates. A strong focus on strength and conditioning when you are ready to take things up a notch, or you're an experienced member. Consists of different and challenging exercises, sometimes fast flowing options. **Expect a moderate / high energy, full body workout.**

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

Class Requirements & Guidelines:

- Classes must be booked through the Aqualink App, Client Portal or reception - class limits apply.
- Arrive 5 - 10 mins early - doors will be locked when class starts with no late entry permitted.
- Store belongings in pigeonholes or on hooks.
- Grip socks must be worn (no open toe socks permitted)
- Bring a towel and water bottle.
- Must be high school age and over to attend all group fitness classes.

