

# Aqualink Box Hill Group Fitness

18 - 24 DECEMBER 2023

◆ Combined Regular Members plus Fab Living Members

Monday 18/12    Tuesday 19/12    Wednesday 20/12    Thursday 21/12    Friday 22/12    Saturday 23/12    Sunday 24/12

## Aqualink Box Hill Group Fitness Studio

<b>BODYPUMP</b> 6.10-6.55am	<b>HIIT</b> 6.10-6.55am	<b>BODYATTACK</b> 6.10-6.55am	<b>BODYPUMP</b> 6.10-6.55am	<b>HIIT</b> 6.10-6.55am	<b>BODYPUMP</b> 9.25-10.20am	<b>BODYPUMP</b> 8.20-9.15am
<b>LITE PACE</b> 8.10-9.05am ◆	<b>FAB STRENGTH</b> 8.10-9.05am ◆	<b>LITE PACE</b> 8.10-9.05am ◆	<b>FAB STRENGTH</b> 7.45-8.40am ◆	<b>ZUMBA GOLD</b> 8.10-9.05am ◆	<b>ZUMBA</b> 10.35-11.30am	<b>BODYCOMBAT</b> 9.25-10.20am
<b>BODYPUMP</b> 9.20-10.15am	<b>ZUMBA</b> 9.20-10.15am ◆	<b>BODYPUMP</b> 9.20-10.15am	<b>ZUMBA</b> 9.20-10.15am ◆	<b>BODYPUMP</b> 9.20-10.15am		
<b>LES MILLS TONE</b> 10.40-11.25am ◆	<b>BODYPUMP</b> 10.40-11.35am	<b>ZUMBA</b> 10.40-11.35am ◆	<b>BODYPUMP</b> 10.40-11.35am	<b>LES MILLS TONE</b> 10.40-11.25am ◆		
<b>ZUMBA</b> 12.00-12.55pm ◆	<b>FAB STRENGTH</b> 12.00-12.55pm ◆	<b>BODYCOMBAT</b> 6.00-6.55pm	<b>FAB STRENGTH</b> 12.00-12.55am ◆			
<b>BODYPUMP</b> 6.00-6.55pm	<b>LES MILLS TONE</b> 6.00-6.45pm	<b>BODYPUMP</b> 7.10-8.05pm	<b>BODYPUMP</b> 6.00-6.55pm			
<b>BODYATTACK</b> 7.10-8.05pm	<b>ZUMBA</b> 7.10-8.05pm		<b>ZUMBA</b> 7.10-8.05pm			
<b>BODYCOMBAT</b> 8.15-9.10pm	<b>BODYPUMP</b> 8.15-9.10pm					



## Aqualink Box Hill Fitness Studio

<b>HIIT</b> 9.30-10.25am	<b>BOXING FITNESS</b> 9.30-10.25am	<b>HIIT</b> 9.30-10.25am	<b>BOXING FITNESS</b> 9.30-10.25am	<b>FAB STRENGTH PLUS</b> 8.05-9.00am ◆	<b>HIIT</b> 9.30-10.25am	<b>HIIT</b> 8.25-9.20am
<b>BOXING FITNESS</b> 10.45-11.40am	<b>HIIT</b> 6.25-7.20pm	<b>BOXING FITNESS</b> 6.25-7.20pm	<b>FAB STRENGTH PLUS</b> 10.45-11.40am ◆	<b>HIIT</b> 9.30-10.25am		
<b>HIIT</b> 6.25-7.20pm			<b>HIIT</b> 6.25-7.20pm	<b>BOXING FITNESS</b> 6.25-7.20pm		
<b>BOXING FITNESS</b> 7.35-8.30pm						

## Aqualink Box Hill Wellness Studio

<b>YOGA FLOW</b> 9.25-10.20am ◆	<b>PILATES</b> 9.25-10.20am ◆	<b>YOGA FUSION</b> 6.15-7.00am	<b>YOGA RELEASE</b> 9.25-10.20am ◆	<b>STRETCH &amp; STABILISE</b> 8.20-9.15am ◆	<b>PILATES</b> 8.10-9.05am	<b>YOGA FUSION</b> 8.10-9.05am
<b>STRETCH &amp; STABILISE</b> 10.50-11.45am ◆	<b>YOGA FUSION</b> 10.50-11.45am ◆	<b>YOGA FUSION</b> 9.25-10.20am ◆	<b>GENTLE EXERCISE</b> 10.50-11.45am ◆	<b>PILATES</b> 9.25-10.20am ◆	<b>YOGA FLOW</b> 9.15-10.10am	<b>PILATES</b> 9.15-10.10am ◆
<b>YOGA RELEASE</b> 12.05-1.00pm ◆	<b>STRETCH &amp; STABILISE</b> 12.05-1.00pm ◆	<b>PILATES</b> 10.50-11.45am ◆	<b>PILATES</b> 12.05-1.00pm ◆	<b>YOGA RELEASE</b> 10.50-11.45am ◆	<b>YOGA FUSION</b> 11.35am-12.30pm	
<b>PILATES</b> 1.45-2.40pm ◆	<b>GENTLE EXERCISE</b> 1.45-2.40pm ◆	<b>MEDITATION</b> 12.05-1.00pm ◆	<b>PILATES</b> 7.15-8.10pm	<b>YOGA RELEASE</b> 6.10-7.05pm	<b>PILATES</b> 4.30-5.25pm ◆	
<b>PILATES</b> 6.10-7.05pm	<b>YOGA RELEASE</b> 6.10-7.05pm	<b>STRETCH &amp; STABILISE</b> 1.45-2.40pm ◆	<b>YOGA FUSION</b> 8.20-9.15pm			
<b>YOGA FLOW</b> 7.15-8.10pm	<b>YOGA FLOW</b> 8.20-9.15pm	<b>YOGA FUSION</b> 6.10-7.05pm				
		<b>PILATES</b> 7.15-8.10pm				

## Aqualink Box Hill Cycle Studio

For Virtual cycle classes visit [aqualink.com.au](http://aqualink.com.au)

<b>RPM</b> 9.35-10.20am	<b>RPM</b> 6.15-7.00am	<b>CYCLE</b> 9.35-10.30am	<b>RPM</b> 6.15-7.00am	<b>CYCLE</b> 6.15-7.00am	<b>CYCLE</b> 8.20-9.15am	<b>RPM</b> 8.20-9.05am
<b>RPM</b> 6.30-7.15pm	<b>CYCLE EXPRESS</b> 5.15-5.45pm	<b>RPM</b> 6.30-7.15pm		<b>RPM</b> 9.35-10.20am	<b>RPM</b> 9.35-10.20am	<b>CYCLE</b> 9.35-10.30am
	<b>CYCLE EXPRESS</b> 6.00-6.30pm					

## Aqualink Box Hill Aqua

<b>AQUA</b> 9.30-10.15am ◆	<b>AQUA</b> 8.00-8.45am ◆	<b>AQUA</b> 8.00-8.45am ◆	<b>AQUA</b> 9.30-10.15am ◆	<b>AQUA</b> 8.00-8.45am ◆	<b>DEEP WATER AQUA</b> 8.10-8.55am ◆
<b>DEEP WATER AQUA</b> 11.00-11.45am ◆	<b>OUTDOOR AQUA</b> 9.30-10.15am ◆	<b>DEEP WATER AQUA</b> 9.30-10.15am ◆	<b>DEEP WATER AQUA</b> 11.00-11.45am ◆	<b>OUTDOOR AQUA</b> 9.30-10.15am ◆	<b>DEEP WATER AQUA</b> 9.10-9.55am ◆
<b>WARM WATER AQUA</b> 12.30-1.15pm ◆	<b>DEEP WATER AQUA</b> 11.00-11.45am ◆	<b>WARM WATER AQUA</b> 11.00-11.45am ◆	<b>AQUAFIT</b> 8.00-8.45pm ◆	<b>WARM WATER AQUA</b> 11.00-11.45am ◆	
<b>AQUAFIT</b> 7.00-7.45pm ◆		<b>WARM WATER AQUA</b> 12.00-12.45pm ◆		<b>WARM WATER AQUA</b> 12.00-12.45pm ◆	
<b>DEEP WATER AQUA</b> 8.00-8.45pm ◆		<b>AQUAFIT</b> 7.00-7.45pm ◆			



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**Aqualink Box Hill**  
📍 Surrey Drive,  
Box Hill VIC 3128  
☎ 9843 2900

**Aqualink Nunawading**  
📍 Fraser Place,  
Forest Hill VIC 3131  
☎ 9878 4576

# Aqualink Nunawading Group Fitness

18 - 24 DECEMBER

◆ Combined Regular Members plus Fab Living Members

Monday 18/12    Tuesday 19/12    Wednesday 20/12    Thursday 21/12    Friday 22/12    Saturday 23/12    Sunday 24/12

## Aqualink Nunawading Studio 1

**LES MILLS CORE**  
6.10-6.55am

**FAB CIRCUIT**  
8.00-8.55am ◆

**BODYPUMP**  
9.15-10.10am

**CYCLE**  
10.40-11.35am

**FAB STRENGTH**  
12.05-1.00pm ◆

**HIIT**  
6.30-7.25pm

**BODYPUMP**  
7.35-8.30pm

**HIIT**  
6.10-6.55am

**FAB STRENGTH**  
8.00-8.55am ◆

**CYCLE EXPRESS**  
9.15-9.45am

**CORE EXPRESS**  
9.55-10.25am

**BODYPUMP**  
10.40-11.35am



## Aqualink Nunawading Studio 2

**FAB PILATES**  
9.20-10.15am ◆

**BODYBALANCE**  
10.45-11.40am ◆

**PILATES**  
12.00-12.55pm ◆

**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 ◆

**BODYPUMP**  
6.30-7.25pm

**BODYBALANCE**  
7.35-8.30pm

**BODYSTEP**  
6.10-6.55am

**LITE PACE**  
8.00-8.55am ◆

**STRETCH & STABILISE**  
9.20-10.15am ◆

**PILATES**  
10.45-11.40am ◆

**FAB STRENGTH PLUS**  
12.05-1.00pm ◆

**LES MILLS CORE**  
5.50-6.20pm

**BODYSTEP**  
6.30-7.25pm

**BODYPUMP**  
6.10-6.55am

**STRETCH & STABILISE**  
8.15-9.10am ◆

**LES MILLS TONE**  
9.20-10.05am ◆

**PILATES**  
10.45-11.40am ◆

**ZUMBA GOLD**  
12.05-1.00pm ◆

**YOGA FUSION**  
6.00-6.55pm

**BODYATTACK**  
7.15-8.10pm

**YOGA RELEASE**  
7.00-7.55am ◆

**FAB STRENGTH PLUS**  
8.00-8.55am ◆

**BODYPUMP**  
9.15-10.10am

**YOGA FUSION**  
10.45-11.40am ◆

**ZUMBA GOLD**  
12.05-1.00pm ◆

**BODYPUMP**  
6.30-7.25pm

**YOGA FUSION**  
8.15-9.10am ◆

**LES MILLS TONE**  
9.20-9.05am

**BODYPUMP**  
10.35-11.30am

**YOGA FLOW**  
3.00-3.55pm ◆

**BODYPUMP**  
4.15-5.10pm

**HIIT**  
8.15-9.10am

**YOGA FLOW**  
9.30-10.25am ◆

**BODYSTEP**  
4.15-5.10pm

## Aqualink Nunawading Aqua

**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**  
6.30-7.15pm ◆

**AQUA**  
8.15-9.00am ◆

**AQUAFIT**  
9.30-10.15am ◆

**DEEP WATER AQUA**  
10.40-11.25am ◆

**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**  
10.00-10.45am ◆



To book your class 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. Bookings must be presented to the instructor upon entry.
- As a courtesy and for safety reasons, participants will not be admitted into group fitness classes after the class has commenced.
- Participants must bring a mat, towel and water bottle to every class. Please bring a blanket for Yoga, Meditation, BodyBalance and Pilates.
- Boxing Fitness classes participants must bring their own wraps/innies.
- Please refer to the Aqualink Client Portal for most up to date class information. Classes may change without notice.
- Participants must be at least high school age to attend all group fitness classes.
- 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.
- Place your personal belongings and bags in a locker or in-studio pigeon holes.



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# Aqualink Box Hill Group Fitness

25-31 DECEMBER

Combined Regular Members plus Fab Living Members

Monday 25/12    Tuesday 26/12    Wednesday 27/12    Thursday 28/12    Friday 29/12    Saturday 30/12    Sunday 31/12

## Aqualink Box Hill Group Fitness Studio

**CENTRE CLOSED  
25 DECEMBER  
CHRISTMAS DAY**

**ZUMBA**  
9.20-10.15am ◊  
**BODYPUMP**  
10.40-11.35am  
**FAB STRENGTH** ◊  
12.00-12.55pm  
**LES MILLS TONE**  
6.00-6.45pm

**LITE PACE**  
8.10-9.05am ◊  
**BODYPUMP**  
9.20-10.15am  
**ZUMBA**  
10.40-11.35am ◊  
**BODYCOMBAT**  
6.00-6.55pm  
**BODYPUMP**  
7.10-8.05pm

**BODYPUMP**  
6.10-6.55am  
**FAB STRENGTH**  
7.45-8.40am ◊  
**ZUMBA**  
9.20-10.15am ◊  
**FAB STRENGTH**  
12.00-12.55pm ◊  
**BODYPUMP**  
6.00-6.55pm  
**ZUMBA**  
7.10-8.05pm

**ZUMBA GOLD**  
8.10-9.05am ◊  
**BODYPUMP**  
9.20-10.15am  
**LES MILLS TONE**  
10.40-11.25am ◊  
**FAB STRENGTH**  
12.00-12.55pm ◊

**BODYATTACK**  
8.20-9.15am  
**BODYPUMP**  
9.25-10.20am

**BODYPUMP**  
8.20-9.15am



## Aqualink Box Hill Fitness Studio

**CENTRE CLOSED  
25 DECEMBER  
CHRISTMAS DAY**

**BOXING FITNESS**  
9.30-10.25am

**HIIT**  
9.30-10.25am

**BOXING FITNESS**  
9.30-10.25am  
**HIIT**  
6.25-7.20pm

**FAB STRENGTH PLUS**  
8.05-9.00am ◊  
**HIIT**  
9.30-10.25am

**HIIT**  
9.30-10.25am

**HIIT**  
8.25-9.20am

## Aqualink Box Hill Wellness Studio

**CENTRE CLOSED  
25 DECEMBER  
CHRISTMAS DAY**

**PILATES**  
9.25-10.20am ◊  
**YOGA FUSION**  
10.50-11.45am ◊  
**YOGA RELEASE**  
6.10-7.05pm

**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**  
9.25-10.20am ◊  
**GENTLE EXERCISE**  
10.50-11.45am ◊  
**PILATES**  
12.05-1.00pm ◊  
**PILATES**  
7.15-8.10pm  
**YOGA FUSION**  
8.20-9.15pm

**STRETCH & STABILISE**  
8.20-9.15am ◊  
**PILATES**  
9.25-10.20am ◊  
**YOGA RELEASE**  
10.50-11.45am ◊

**PILATES**  
8.10-9.05am  
**YOGA FLOW**  
9.15-10.10am  
**YOGA FUSION**  
11.35am-12.30pm  
**PILATES**  
4.30-5.25pm ◊

**YOGA FUSION**  
8.10-9.05am  
**PILATES**  
9.15-10.10am ◊

## Aqualink Box Hill Cycle Studio

For Virtual cycle classes visit [aqualink.com.au](http://aqualink.com.au)

**CENTRE CLOSED  
25 DECEMBER  
CHRISTMAS DAY**

**CYCLE**  
9.35-10.30am  
**RPM**  
6.30-7.15pm

**CYCLE**  
6.15-7.00am  
**RPM**  
9.35-10.20am

**CYCLE**  
8.20-9.15am

**CYCLE**  
9.35-10.30am

## Aqualink Box Hill Aqua

**CENTRE CLOSED  
25 DECEMBER  
CHRISTMAS DAY**

**AQUA**  
8.10-8.55am ◊  
**OUTDOOR AQUA**  
9.30-10.15am ◊

**AQUA**  
8.00-8.45am ◊  
**WARM WATER AQUA**  
12.00-12.45pm ◊  
**AQUAFIT**  
7.00-7.45pm ◊

**AQUA**  
9.30-10.15am ◊  
**DEEP WATER AQUA**  
11.00-11.45am ◊  
**AQUAFIT**  
8.00-8.45pm ◊

**AQUA**  
8.00-8.45am ◊  
**OUTDOOR AQUA**  
9.30-10.15am ◊  
**WARM WATER AQUA**  
12.00-12.45pm ◊

**DEEP WATER AQUA**  
8.10-8.55am ◊  
**DEEP WATER AQUA**  
9.10-9.55am ◊



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# Aqualink Nunawading Group Fitness

25-31 DECEMBER

◆ Combined Regular Members plus Fab Living Members

**Monday 25/12**   **Tuesday 26/12**   **Wednesday 27/12**   **Thursday 28/12**   **Friday 29/12**   **Saturday 30/12**   **Sunday 31/12**

## Aqualink Nunawading Studio 1

**CENTRE CLOSED  
25 DECEMBER  
CHRISTMAS DAY**

**STUDIO 1  
TEMPORARILY  
CLOSED DUE  
TO FLOOR  
MAINTENANCE**

REFER TO STUDIO 2

**BODYPUMP**  
10.40-11.35am  
**FAB STRENGTH PLUS**  
12.05-1.00pm ◆  
**LES MILLS CORE**  
5.50-6.20pm  
**BODYSTEP**  
6.30-7.25pm  
**CYCLE**  
7.35-8.30pm

**BODYPUMP**  
6.10-6.55am  
**FAB CIRCUIT**  
8.00-8.55am ◆  
**CYCLE**  
9.15-10.10am  
**YOGA FLOW**  
10.45-11.40am ◆  
**ZUMBA GOLD**  
12.05-1.00pm ◆  
**BODYATTACK**  
6.30-7.25pm

**FAB STRENGTH PLUS**  
8.00-8.55am ◆  
**BODYPUMP**  
9.15-10.10am  
**FAB STRENGTH**  
10.40-11.35am ◆  
**ZUMBA GOLD**  
12.05-1.00pm ◆  
**BODYPUMP**  
6.30-7.25pm

**LES MILLS TONE**  
8.10-8.55am  
**CYCLE**  
9.15-10.10am  
**BODYPUMP**  
10.35-11.30am  
**BODYPUMP**  
4.15-5.10pm

**CYCLE**  
8.20-9.15am  
**BODYSTEP**  
9.30-10.25am



## Aqualink Nunawading Studio 2

**CENTRE CLOSED  
25 DECEMBER  
CHRISTMAS DAY**

**FAB STRENGTH**  
8.10-9.05am ◆  
**PILATES**  
9.20-10.15am ◆  
**YOGA FLOW**  
10.45-11.40am ◆  
**BODYPUMP**  
6.30-7.25pm

**STRETCH & STABILISE**  
9.20-10.15am ◆  
**PILATES**  
10.45-11.40am ◆  
**YOGA RELEASE**  
6.25-7.20pm

**STRETCH & STABILISE**  
8.15-9.10am ◆  
**LES MILLS TONE**  
9.20-10.05am ◆  
**PILATES**  
10.45-11.40am ◆  
**YOGA FUSION**  
6.00-6.55pm  
**BODYBALANCE**  
7.35-8.30pm

**YOGA RELEASE**  
7.00-7.55am ◆  
**BODYBALANCE**  
9.20-10.15am ◆  
**YOGA FUSION**  
10.45-11.40am ◆  
**PILATES**  
12.00-12.55pm ◆

**YOGA FUSION**  
8.15-9.10am ◆  
**STRETCH & STABILISE**  
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 ◆

## Aqualink Nunawading Aqua

**CENTRE CLOSED  
25 DECEMBER  
CHRISTMAS DAY**

**AQUA**  
8.15-9.00am ◆

**AQUA**  
8.15-9.00am ◆  
**AQUAFIT**  
9.30-10.15am ◆  
**DEEP WATER AQUA**  
10.40-11.25am ◆  
**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**  
10.00-10.45am ◆

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- As a courtesy and for safety reasons, participants will not be admitted into group fitness classes after the class has commenced.
- Participants must bring a mat, towel and water bottle to every class. Please bring a blanket for Yoga, Meditation, BodyBalance and Pilates.
- Boxing Fitness classes participants must bring their own wraps/inners.
- Please refer to the Aqualink Client Portal for most up to date class information. Classes may change without notice.
- Participants must be at least high school age to attend all group fitness classes.
- 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.
- Place your personal belongings and bags in a locker or in-studio pigeon holes.



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**Aqualink Box Hill**  
📍 Surrey Drive,  
Box Hill VIC 3128  
📞 9843 2900

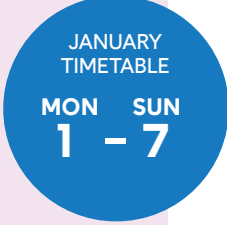
**Aqualink Nunawading**  
📍 Fraser Place,  
Forest Hill VIC 3131  
📞 9878 4576

# Aqualink Box Hill Group Fitness

1-7 JANUARY 2024

Combined Regular Members plus Fab Living Members

Monday 1/1	Tuesday 2/1	Wednesday 3/1	Thursday 4/1	Friday 5/1	Saturday 6/1	Sunday 7/1
<b>Aqualink Box Hill Group Fitness Studio</b>						
<b>LES MILLS TONE</b> 10.40-11.25am ◊  <b>BODYPUMP</b> 6.00-6.55pm	<b>HIIT</b> 6.10-6.55am  <b>ZUMBA</b> 9.20-10.15am ◊  <b>BODYPUMP</b> 10.40-11.35am  <b>FAB STRENGTH</b> 12.00-12.55pm ◊  <b>LES MILLS TONE</b> 6.00-6.45pm  <b>ZUMBA</b> 7.10-8.05pm	<b>LITE PACE</b> 8.10-9.05am ◊  <b>BODYPUMP</b> 9.20-10.15am  <b>ZUMBA</b> 10.40-11.35am ◊  <b>BODYCOMBAT</b> 6.00-6.55pm  <b>BODYPUMP</b> 7.10-8.05pm	<b>BODYPUMP</b> 6.10-6.55am  <b>FAB STRENGTH</b> 7.45-8.40am ◊  <b>ZUMBA</b> 9.20-10.15am ◊  <b>BODYPUMP</b> 10.40-11.35am  <b>BODYPUMP</b> 6.00-6.55pm  <b>ZUMBA</b> 7.10-8.05pm	<b>HIIT</b> 6.10-6.55am  <b>ZUMBA GOLD</b> 8.10-9.05am ◊  <b>BODYPUMP</b> 9.20-10.15am  <b>LES MILLS TONE</b> 10.40-11.25am ◊	<b>BODYCOMBAT</b> 8.20-9.15am  <b>BODYPUMP</b> 9.25-10.20am  <b>ZUMBA</b> 10.35-11.30am	<b>BODYPUMP</b> 8.20-9.15am  <b>BODYCOMBAT</b> 9.25-10.20am  <b>BODYPUMP</b> 4.15-5.10pm



<b>Aqualink Box Hill Fitness Studio</b>						
<b>BOXING FITNESS</b> 10.45-11.40am  <b>HIIT</b> 6.25-7.20pm	<b>BOXING FITNESS</b> 9.30-10.25am  <b>HIIT</b> 6.25-7.20pm	<b>HIIT</b> 9.30-10.25am  <b>BOXING FITNESS</b> 6.25-7.20pm	<b>HIIT</b> 9.30-10.25am  <b>HIIT</b> 6.25-7.20pm	<b>FAB STRENGTH PLUS</b> 8.05-9.00am ◊  <b>HIIT</b> 9.30-10.25am  <b>BOXING FITNESS</b> 6.25-7.20pm	<b>BOXING FITNESS</b> 8.25-9.20am  <b>HIIT</b> 9.30-10.25am	<b>HIIT</b> 8.25-9.20am  <b>BOXING FITNESS</b> 9.30-10.25am

<b>Aqualink Box Hill Wellness Studio</b>						
<b>STRETCH &amp; STABILISE</b> 10.50-11.45am ◊  <b>PILATES</b> 1.45-2.40pm ◊  <b>PILATES</b> 6.10-7.05pm	<b>PILATES</b> 9.25-10.20am ◊  <b>YOGA FUSION</b> 10.50-11.45am ◊  <b>GENTLE EXERCISE</b> 1.45-2.40pm ◊  <b>YOGA RELEASE</b> 6.10-7.05pm  <b>YOGA FLOW</b> 8.20-9.15pm	<b>YOGA FUSION</b> 6.15-7.00am  <b>YOGA FUSION</b> 9.25-10.20am ◊  <b>PILATES</b> 10.50-11.45am ◊  <b>MEDITATION</b> 12.05-1.00pm ◊  <b>STRETCH &amp; STABILISE</b> 1.45-2.40pm ◊  <b>YOGA FUSION</b> 6.10-7.05pm  <b>PILATES</b> 7.15-8.10pm	<b>TAI CHI</b> 9.25-10.20am ◊  <b>GENTLE EXERCISE</b> 10.50-11.45am ◊  <b>PILATES</b> 12.05-1.00pm ◊  <b>PILATES</b> 7.15-8.10pm  <b>YOGA FUSION</b> 8.20-9.15pm	<b>STRETCH &amp; STABILISE</b> 8.20-9.15am ◊  <b>PILATES</b> 9.25-10.20am ◊  <b>YOGA RELEASE</b> 10.50-11.45am ◊  <b>YOGA RELEASE</b> 6.10-7.05pm	<b>PILATES</b> 8.10-9.05am  <b>YOGA FLOW</b> 9.15-10.10am  <b>YOGA FUSION</b> 11.35am-12.30pm  <b>PILATES</b> 4.30-5.25pm ◊	<b>YOGA FUSION</b> 8.10-9.05am  <b>PILATES</b> 4.30-5.25pm ◊

<b>Aqualink Box Hill Cycle Studio</b>						
	<b>RPM</b> 6.15-7.00am  <b>CYCLE EXPRESS</b> 5.15-5.45pm  <b>CYCLE EXPRESS</b> 6.00-6.30pm	<b>CYCLE</b> 9.35-10.30am  <b>RPM</b> 6.30-7.15pm		<b>CYCLE</b> 6.15-7.00am  <b>RPM</b> 9.35-10.20am	<b>CYCLE</b> 8.20-9.15am  <b>RPM</b> 9.35-10.20am	<b>RPM</b> 8.20-9.05am  <b>CYCLE</b> 9.35-10.30am

<b>Aqualink Box Hill Aqua</b>						
<b>DEEP WATER AQUA</b> 11.00-11.45am ◊  <b>WARM WATER AQUA</b> 12.30-1.15pm ◊  <b>AQUAFIT</b> 7.00-7.45pm ◊	<b>AQUA</b> 8.00-8.45am ◊  <b>OUTDOOR AQUA</b> 9.30-10.15am ◊  <b>DEEP WATER AQUA</b> 11.00-11.45am ◊	<b>AQUA</b> 8.00-8.45am ◊  <b>DEEP WATER AQUA</b> 9.30-10.15am ◊  <b>WARM WATER AQUA</b> 12.00-12.45pm ◊  <b>AQUAFIT</b> 7.00-7.45pm ◊	<b>AQUA</b> 9.30-10.15am ◊  <b>DEEP WATER AQUA</b> 11.00-11.45am ◊  <b>WARM WATER AQUA</b> 12.30-1.15pm ◊  <b>AQUAFIT</b> 8.00-8.45pm ◊	<b>AQUA</b> 8.00-8.45am ◊  <b>OUTDOOR AQUA</b> 9.30-10.15am ◊  <b>WARM WATER AQUA</b> 12.00-12.45pm ◊	<b>DEEP WATER AQUA</b> 8.10-8.55am ◊  <b>DEEP WATER AQUA</b> 9.10-9.55am ◊	



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 9843 2900

**Aqualink Nunawading**  
 Fraser Place,  
 Forest Hill VIC 3131  
 9878 4576

# Aqualink Nunawading Group Fitness

1-7 JANUARY 2024

◆ Combined Regular Members plus Fab Living Members

Monday 1/1	Tuesday 2/1	Wednesday 3/1	Thursday 4/1	Friday 5/1	Saturday 6/1	Sunday 7/1
<b>Aqualink Nunawading Studio 1</b>						
<b>CYCLE</b> 10.40-11.35am  <b>HIIT</b> 6.30-7.25pm	<b>FAB STRENGTH</b> 8.00-8.55am ◆ <b>CYCLE EXPRESS</b> 9.15-9.45am <b>CORE EXPRESS</b> 9.55-10.25am <b>BODYPUMP</b> 10.40-11.35am <b>BODYPUMP</b> 6.30-7.25pm <b>BODYSTEP</b> 7.35-8.30pm	<b>BODYSTEP</b> 6.10-6.55am <b>LITE PACE</b> 8.00-8.55am ◆ <b>BODYPUMP</b> 10.40-11.35am <b>FAB STRENGTH PLUS</b> 12.05-1.00pm ◆ <b>LES MILLS CORE</b> 5.50-6.20pm <b>BODYSTEP</b> 6.30-7.25pm <b>CYCLE</b> 7.35-8.30pm	<b>BODYPUMP</b> 6.10-6.55am <b>FAB CIRCUIT</b> 8.00-8.55am ◆ <b>CYCLE</b> 9.15-10.10am <b>TAI CHI</b> 10.45-11.40am ◆ <b>ZUMBA GOLD</b> 12.05-1.00pm ◆ <b>BODYATTACK</b> 6.30-7.25pm	<b>FAB STRENGTH PLUS</b> 8.00-8.55am ◆ <b>BODYPUMP</b> 9.15-10.10am <b>FAB STRENGTH</b> 10.40-11.35am ◆ <b>ZUMBA GOLD</b> 12.05-1.00pm ◆ <b>BODYPUMP</b> 6.30-7.25pm	<b>LES MILLS TONE</b> 8.10-8.55am <b>CYCLE</b> 9.15-10.10am <b>BODYPUMP</b> 10.35-11.30am <b>BODYPUMP</b> 4.15-5.10pm	<b>CYCLE</b> 8.20-9.15am <b>BODYSTEP</b> 9.30-10.25am <b>BODYSTEP</b> 4.15-5.10pm
<div style="text-align: center;">  </div>						
<b>Aqualink Nunawading Studio 2</b>						
<b>BODYBALANCE</b> 10.45-11.40am ◆ <b>PILATES</b> 12.00-12.55pm ◆ <b>YOGA FUSION</b> 6.00-6.55pm	<b>STRETCH &amp; STABILISE</b> 7.00-7.55am ◆ <b>PILATES</b> 9.20-10.15am ◆ <b>YOGA FLOW</b> 10.45-11.40am ◆ <b>STRETCH &amp; STABILISE</b> 6.25-7.20pm <b>BODYBALANCE</b> 7.35-8.30pm	<b>STRETCH &amp; STABILISE</b> 9.20-10.15am ◆ <b>PILATES</b> 10.45-11.40am ◆ <b>YOGA RELEASE</b> 6.25-7.20pm	<b>STRETCH &amp; STABILISE</b> 8.15-9.10am ◆ <b>LES MILLS TONE</b> 9.20-10.05am ◆ <b>PILATES</b> 10.45-11.40am ◆ <b>YOGA FUSION</b> 6.00-6.55pm <b>BODYBALANCE</b> 7.35-8.30pm	<b>YOGA RELEASE</b> 7.00-7.55am ◆ <b>BODYBALANCE</b> 9.20-10.15am ◆ <b>YOGA FUSION</b> 10.45-11.40am ◆ <b>PILATES</b> 12.00-12.55pm ◆	<b>YOGA FUSION</b> 8.15-9.10am ◆ <b>LES MILLS CORE</b> 9.30-10.15am <b>YOGA RELEASE</b> 10.45-11.40am <b>YOGA FLOW</b> 3.00-3.55pm ◆	<b>HIIT</b> 8.15-9.10am <b>YOGA FLOW</b> 9.30-10.25am ◆ <b>BODYBALANCE</b> 5.30-6.25pm ◆
<b>Aqualink Nunawading Aqua</b>						
<b>AQUAFIT</b> 10.40-11.25am ◆ <b>AQUA</b> 12.00-12.45pm ◆ <b>AQUAFIT</b> 6.30-7.15pm ◆	<b>AQUA</b> 8.15-9.00am ◆ <b>DEEP WATER AQUA</b> 6.30-7.15pm ◆	<b>AQUA</b> 8.15-9.00am ◆ <b>AQUAFIT</b> 9.30-10.15am ◆ <b>DEEP WATER AQUA</b> 10.40-11.25am ◆ <b>AQUAFIT</b> 7.00-7.45pm ◆	<b>AQUA</b> 8.45-9.30am ◆ <b>AQUA</b> 10.40-11.25am ◆	<b>AQUA</b> 8.15-9.00am ◆ <b>AQUA</b> 9.30-10.15am ◆		<b>AQUA</b> 10.00-10.45am ◆

To book your class and descriptions, visit [aqualink.com.au](http://aqualink.com.au)

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 Surrey Drive,  
 Box Hill VIC 3128  
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 9878 4576

# Aqualink Box Hill Group Fitness

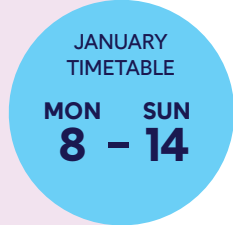
8-14 JANUARY 2024

◆ Combined Regular Members plus Fab Living Members

Monday 8/1    Tuesday 9/1    Wednesday 10/1    Thursday 11/1    Friday 12/1    Saturday 13/1    Sunday 14/1

## Aqualink Box Hill Group Fitness Studio

<b>BODYPUMP</b> 6.10-6.55am	<b>HIIT</b> 6.10-6.55am	<b>BODYATTACK</b> 6.10-6.55am	<b>BODYPUMP</b> 6.10-6.55am	<b>HIIT</b> 6.10-6.55am	<b>BODYCOMBAT</b> 8.20-9.15am	<b>BODYPUMP</b> 8.20-9.15am
<b>BODYPUMP</b> 9.20-10.15am	<b>FAB STRENGTH</b> 8.10-9.05am ◆	<b>LITE PACE</b> 8.10-9.05am ◆	<b>FAB STRENGTH</b> 7.45-8.40am ◆	<b>ZUMBA GOLD</b> 8.10-9.05am ◆	<b>BODYPUMP</b> 9.25-10.20am	<b>BODYCOMBAT</b> 9.25-10.20am
<b>LES MILLS TONE</b> 10.40-11.25am ◆	<b>ZUMBA</b> 9.20-10.15am ◆	<b>BODYPUMP</b> 9.20-10.15am	<b>ZUMBA</b> 9.20-10.15am ◆	<b>BODYPUMP</b> 9.20-10.15am	<b>ZUMBA</b> 10.35-11.30am	<b>BODYPUMP</b> 4.15-5.10pm
<b>ZUMBA</b> 12.00-12.55pm ◆	<b>BODYPUMP</b> 10.40-11.35am	<b>ZUMBA</b> 10.40-11.35am ◆	<b>BODYPUMP</b> 10.40-11.35am	<b>LES MILLS TONE</b> 10.40-11.25am ◆		
<b>BODYPUMP</b> 6.00-6.55pm	<b>FAB STRENGTH</b> 12.00-12.55pm ◆	<b>BODYCOMBAT</b> 6.00-6.55pm	<b>FAB STRENGTH</b> 12.00-12.55am ◆	<b>FAB STRENGTH</b> 12.00-12.55pm ◆		
<b>BODYATTACK</b> 7.10-8.05pm	<b>LES MILLS TONE</b> 6.00-6.45pm	<b>BODYPUMP</b> 7.10-8.05pm	<b>BODYPUMP</b> 6.00-6.55pm	<b>ZUMBA</b> 6.00-6.55pm		
<b>BODYCOMBAT</b> 8.15-9.10pm	<b>ZUMBA</b> 7.10-8.05pm		<b>ZUMBA</b> 7.10-8.05pm			
	<b>BODYPUMP</b> 8.15-9.10pm					



## Aqualink Box Hill Fitness Studio

<b>HIIT</b> 9.30-10.25am	<b>BOXING FITNESS</b> 9.30-10.25am	<b>HIIT</b> 9.30-10.25am	<b>HIIT</b> 9.30-10.25am	<b>FAB STRENGTH PLUS</b> 8.05-9.00am ◆	<b>BOXING FITNESS</b> 8.25-9.20am	<b>HIIT</b> 8.25-9.20am
<b>BOXING FITNESS</b> 10.45-11.40am	<b>HIIT</b> 6.25-7.20pm	<b>BOXING FITNESS</b> 6.25-7.20pm	<b>FAB STRENGTH PLUS</b> 10.45-11.40am ◆	<b>HIIT</b> 9.30-10.25am	<b>HIIT</b> 9.30-10.25am	<b>BOXING FITNESS</b> 9.30-10.25am
<b>HIIT</b> 6.25-7.20pm			<b>HIIT</b> 6.25-7.20pm	<b>BOXING FITNESS</b> 6.25-7.20pm		
<b>BOXING FITNESS</b> 7.35-8.30pm						

## Aqualink Box Hill Wellness Studio

<b>YOGA FLOW</b> 9.25-10.20am ◆	<b>PILATES</b> 9.25-10.20am ◆	<b>YOGA FUSION</b> 6.15-7.00am	<b>TAI CHI</b> 9.25-10.20am ◆	<b>PILATES</b> 9.25-10.20am ◆	<b>PILATES</b> 8.10-9.05am	<b>YOGA FUSION</b> 8.10-9.05am
<b>STRETCH &amp; STABILISE</b> 10.50-11.45am ◆	<b>TAI CHI</b> 10.50-11.45am ◆	<b>YOGA FUSION</b> 9.25-10.20am ◆	<b>GENTLE EXERCISE</b> 10.50-11.45am ◆	<b>YOGA RELEASE</b> 10.50-11.45am ◆	<b>YOGA FLOW</b> 9.15-10.10am	<b>PILATES</b> 9.15-10.10am ◆
<b>YOGA RELEASE</b> 12.05-1.00pm ◆	<b>STRETCH &amp; STABILISE</b> 12.05-1.00pm ◆	<b>PILATES</b> 10.50-11.45am ◆	<b>PILATES</b> 12.05-1.00pm ◆	<b>YOGA RELEASE</b> 6.10-7.05pm	<b>YOGA FUSION</b> 11.35am-12.30pm	
<b>PILATES</b> 1.45-2.40pm ◆	<b>GENTLE EXERCISE</b> 1.45-2.40pm ◆	<b>MEDITATION</b> 12.05-1.00pm ◆	<b>PILATES</b> 7.15-8.10pm		<b>PILATES</b> 4.30-5.25pm ◆	
<b>PILATES</b> 6.10-7.05pm	<b>YOGA RELEASE</b> 6.10-7.05pm	<b>STRETCH &amp; STABILISE</b> 1.45-2.40pm ◆	<b>YOGA FUSION</b> 8.20-9.15pm			
<b>YOGA FLOW</b> 7.15-8.10pm	<b>YOGA FLOW</b> 8.20-9.15pm	<b>YOGA FUSION</b> 6.10-7.05pm				
		<b>PILATES</b> 7.15-8.10pm				

## Aqualink Box Hill Cycle Studio

For Virtual cycle classes visit [aqualink.com.au](http://aqualink.com.au)

<b>RPM</b> 9.35-10.20am	<b>RPM</b> 6.15-7.00am	<b>CYCLE</b> 9.35-10.30am	<b>RPM</b> 6.15-7.00am	<b>CYCLE</b> 6.15-7.00am	<b>CYCLE</b> 8.20-9.15am	<b>RPM</b> 8.20-9.05am
<b>RPM</b> 6.30-7.15pm	<b>CYCLE EXPRESS</b> 5.15-5.45pm	<b>CYCLE</b> 6.30-7.15pm		<b>RPM</b> 9.35-10.20am	<b>RPM</b> 9.35-10.20am	<b>CYCLE</b> 9.35-10.30am
	<b>CYCLE EXPRESS</b> 6.00-6.30pm					

## Aqualink Box Hill Aqua

<b>AQUA</b> 9.30-10.15am ◆	<b>AQUA</b> 8.00-8.45am ◆	<b>AQUA</b> 8.00-8.45am ◆	<b>AQUA</b> 9.30-10.15am ◆	<b>AQUA</b> 8.00-8.45am ◆	<b>DEEP WATER AQUA</b> 8.10-8.55am ◆
<b>DEEP WATER AQUA</b> 11.00-11.45am ◆	<b>OUTDOOR AQUA</b> 9.30-10.15am ◆	<b>DEEP WATER AQUA</b> 9.30-10.15am ◆	<b>DEEP WATER AQUA</b> 11.00-11.45am ◆	<b>OUTDOOR AQUA</b> 9.30-10.15am ◆	<b>DEEP WATER AQUA</b> 9.10-9.55am ◆
<b>WARM WATER AQUA</b> 12.30-1.15pm ◆	<b>DEEP WATER AQUA</b> 11.00-11.45am ◆	<b>WARM WATER AQUA</b> 12.00-12.45pm ◆	<b>WARM WATER AQUA</b> 12.30-1.15pm ◆	<b>WARM WATER AQUA</b> 11.00-11.45am ◆	
<b>AQUAFIT</b> 7.00-7.45pm ◆		<b>AQUAFIT</b> 7.00-7.45pm ◆	<b>AQUAFIT</b> 8.00-8.45pm ◆	<b>WARM WATER AQUA</b> 12.00-12.45pm ◆	
<b>DEEP WATER AQUA</b> 8.00-8.45pm ◆					



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# Aqualink Nunawading Group Fitness

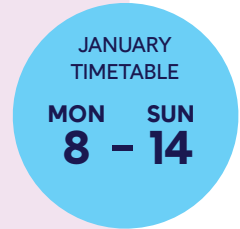
8-14 JANUARY 2024

◆ Combined Regular Members plus Fab Living Members

**Monday 8/1**    **Tuesday 9/1**    **Wednesday 10/1**    **Thursday 11/1**    **Friday 12/1**    **Saturday 13/1**    **Sunday 14/1**

## Aqualink Nunawading Studio 1

<p><b>LES MILLS CORE</b> 6.10-6.55am</p> <p><b>FAB CIRCUIT</b> 8.00-8.55am ◆</p> <p><b>BODYPUMP</b> 9.15-10.10am</p> <p><b>ZUMBA</b> 10.40-11.35am ◆</p> <p><b>FAB STRENGTH</b> 12.05-1.00pm ◆</p> <p><b>HIIT</b> 6.30-7.25pm</p> <p><b>BODYPUMP</b> 7.35-8.30pm</p>	<p><b>HIIT</b> 6.10-6.55am</p> <p><b>FAB STRENGTH</b> 8.00-8.55am ◆</p> <p><b>CYCLE EXPRESS</b> 9.15-9.45am</p> <p><b>CORE EXPRESS</b> 9.55-10.25am</p> <p><b>BODYPUMP</b> 10.40-11.35am</p> <p><b>BODYPUMP</b> 6.30-7.25pm</p> <p><b>BODYSTEP</b> 7.35-8.30pm</p>	<p><b>BODYSTEP</b> 6.10-6.55am</p> <p><b>LITE PACE</b> 8.00-8.55am ◆</p> <p><b>BODYPUMP</b> 10.40-11.35am</p> <p><b>FAB STRENGTH PLUS</b> 12.05-1.00pm ◆</p> <p><b>LES MILLS CORE</b> 5.50-6.20pm</p> <p><b>BODYSTEP</b> 6.30-7.25pm</p> <p><b>CYCLE</b> 7.35-8.30pm</p>	<p><b>BODYPUMP</b> 6.10-6.55am</p> <p><b>FAB CIRCUIT</b> 8.00-8.55am ◆</p> <p><b>CYCLE</b> 9.15-10.10am</p> <p><b>TAI CHI</b> 10.45-11.40am ◆</p> <p><b>ZUMBA GOLD</b> 12.05-1.00pm ◆</p> <p><b>BODYATTACK</b> 6.30-7.25pm</p>	<p><b>FAB STRENGTH PLUS</b> 8.00-8.55am ◆</p> <p><b>BODYPUMP</b> 9.15-10.10am</p> <p><b>FAB STRENGTH</b> 10.40-11.35am ◆</p> <p><b>ZUMBA GOLD</b> 12.05-1.00pm ◆</p> <p><b>BODYPUMP</b> 6.30-7.25pm</p>	<p><b>LES MILLS TONE</b> 8.10-8.55am</p> <p><b>CYCLE</b> 9.15-10.10am</p> <p><b>BODYPUMP</b> 10.35-11.30am</p> <p><b>BODYPUMP</b> 4.15-5.10pm</p>	<p><b>CYCLE</b> 8.20-9.15am</p> <p><b>BODYSTEP</b> 9.30-10.25am</p> <p><b>BODYSTEP</b> 4.15-5.10pm</p>
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## Aqualink Nunawading Studio 2

<p><b>FAB PILATES</b> 9.20-10.15am ◆</p> <p><b>BODYBALANCE</b> 10.45-11.40am ◆</p> <p><b>PILATES</b> 12.00-12.55pm ◆</p> <p><b>YOGA FUSION</b> 6.00-6.55pm</p> <p><b>PILATES</b> 7.15-8.10pm</p>	<p><b>STRETCH &amp; STABILISE</b> 7.00-7.55am ◆</p> <p><b>PILATES</b> 9.20-10.15am ◆</p> <p><b>YOGA FLOW</b> 10.45-11.40am ◆</p> <p><b>MEDITATION</b> 12.00-12.55pm ◆</p> <p><b>STRETCH &amp; STABILISE</b> 6.25-7.20pm</p> <p><b>BODYBALANCE</b> 7.35-8.30pm</p>	<p><b>STRETCH &amp; STABILISE</b> 9.20-10.15am ◆</p> <p><b>PILATES</b> 10.45-11.40am ◆</p> <p><b>YOGA RELEASE</b> 6.25-7.20pm</p>	<p><b>STRETCH &amp; STABILISE</b> 8.15-9.10am ◆</p> <p><b>LES MILLS TONE</b> 9.20-10.05am ◆</p> <p><b>PILATES</b> 10.45-11.40am ◆</p> <p><b>YOGA FUSION</b> 6.00-6.55pm</p> <p><b>BODYBALANCE</b> 7.35-8.30pm</p>	<p><b>YOGA RELEASE</b> 7.00-7.55am ◆</p> <p><b>BODYBALANCE</b> 9.20-10.15am ◆</p> <p><b>YOGA FUSION</b> 10.45-11.40am ◆</p> <p><b>PILATES</b> 12.00-12.55pm ◆</p>	<p><b>YOGA FUSION</b> 8.15-9.10am ◆</p> <p><b>YOGA RELEASE</b> 10.45-11.40am</p> <p><b>YOGA FLOW</b> 3.00-3.55pm ◆</p>	<p><b>HIIT</b> 8.15-9.10am</p> <p><b>YOGA FLOW</b> 9.30-10.25am ◆</p> <p><b>BODYBALANCE</b> 5.30-6.25pm ◆</p>
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## Aqualink Nunawading Aqua

<p><b>AQUA</b> 8.45-9.30am ◆</p> <p><b>AQUAFIT</b> 10.40-11.25am ◆</p> <p><b>AQUA</b> 12.00-12.45pm ◆</p> <p><b>AQUAFIT</b> 6.30-7.15pm ◆</p> <p><b>DEEP WATER AQUA</b> 7.30-8.15pm ◆</p>	<p><b>AQUA</b> 8.15-9.00am ◆</p> <p><b>DEEP WATER AQUA</b> 6.30-7.15pm ◆</p>	<p><b>AQUA</b> 8.15-9.00am ◆</p> <p><b>AQUAFIT</b> 9.30-10.15am ◆</p> <p><b>DEEP WATER AQUA</b> 10.40-11.25am ◆</p> <p><b>AQUAFIT</b> 7.00-7.45pm ◆</p>	<p><b>AQUA</b> 8.45-9.30am ◆</p> <p><b>AQUA</b> 10.40-11.25am ◆</p>	<p><b>AQUA</b> 8.15-9.00am ◆</p> <p><b>AQUA</b> 9.30-10.15am ◆</p>	<p><b>AQUA</b> 10.00-10.45am ◆</p>
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To book your class 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. Bookings must be presented to the instructor upon entry.
- As a courtesy and for safety reasons, participants will not be admitted into group fitness classes after the class has commenced.
- Participants must bring a mat, towel and water bottle to every class. Please bring a blanket for Yoga, Meditation, BodyBalance and Pilates.
- Boxing Fitness classes participants must bring their own wraps/innerns.
- Please refer to the Aqualink Client Portal for most up to date class information. Classes may change without notice.
- Participants must be at least high school age to attend all group fitness classes.
- 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.
- Place your personal belongings and bags in a locker or in-studio pigeon holes.



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**Aqualink Nunawading**  
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