

Aqualink Box Hill

Reformer Pilates Classes

Week 1 (15-21 December, 2025)

Monday 15/12	Tuesday 16/12	Wednesday 17/12	Thursday 18/12	Friday 19/12	Saturday 20/12	Sunday 21/12
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 7.15am - 8.00am	STUDIO CLOSED	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	FOUNDATION 8.15am - 9.00am	FOUNDATION 5.15pm - 6.00pm	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	ESSENTIALS 9.15am - 10.00am	ESSENTIALS 6.15pm - 7.00pm	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	POWER MOVES 10.15am - 11.00am	ESSENTIALS 7.15pm - 8.00pm	ESSENTIALS 12.15pm - 1.00pm	ESSENTIALS 3.15pm - 4.00pm
ESSENTIALS 12.15pm - 1.00pm	ESSENTIALS 7.15pm - 8.00pm	ESSENTIALS 5.15pm - 6.00pm	FOUNDATION 11.15am - 12.00pm		ESSENTIALS 3.15pm - 4.00pm	
FOUNDATION 5.15pm - 6.00pm	POWER MOVES 8.15pm - 9.00pm	POWER MOVES 6.15pm - 7.00pm	ESSENTIALS 12.15pm - 1.00pm			
ESSENTIALS 6.15pm - 7.00pm		FOUNDATION 7.15pm - 8.00pm	ESSENTIALS 6.15pm - 7.00pm			
FOUNDATION 7.15pm - 8.00pm			ESSENTIALS 7.15pm - 8.00pm			
			FOUNDATION 8.15pm - 9.00pm			

CHRISTMAS
TIMETABLE
15 -21 DEC

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.**

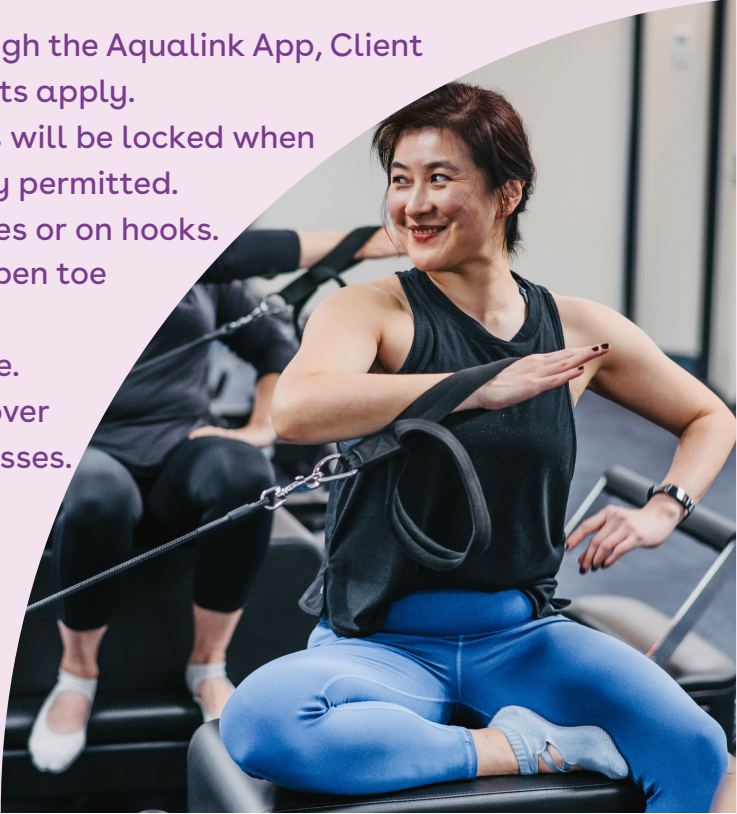
POWER MOVES - The next step beyond Essentials. Suitable for those confident and experienced in Reformer Pilates.

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.

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



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Reformer Pilates Classes

Week 2 (22-28 December, 2025)

Monday 22/12	Tuesday 23/12	Wednesday 24/12	Thursday 25/12	Friday 26/12	Saturday 27/12	Sunday 28/12
Aqualink Box Hill Movement Studio						
ESSENTIALS 6.15am - 7.00am	ESSENTIALS 8.15am - 9.00am	CENTRE HOURS 6.00AM - 6.00PM	CENTRE CLOSED	CENTRE HOURS 8.00AM - 8.00PM	POWER MOVES 8.15am - 9.00am	ESSENTIALS 8.15am - 9.00am
POWER MOVES 7.15am - 8.00am	FOUNDATION 9.15am - 10.00am	ESSENTIALS 6.15am - 7.00am	MERRY CHRISTMAS!	POWER MOVES 9.15am - 10.00am	FOUNDATION 9.15am - 10.00am	POWER MOVES 9.15am - 10.00am
ESSENTIALS 8.15am - 9.00am	ESSENTIALS 10.15am - 11.00am	ESSENTIALS 7.15am - 8.00am		ESSENTIALS 10.15am - 11.00am	ESSENTIALS 10.15am - 11.00am	FOUNDATION 10.15am - 11.00am
ESSENTIALS 9.15am - 10.00am	ESSENTIALS 11.15am - 12.00pm	FOUNDATION 9.15am - 10.00am		FOUNDATION 12.15pm - 1.00pm	FOUNDATION 11.15am - 12.00pm	ESSENTIALS 11.15am - 12.00pm
FOUNDATION 10.15am - 11.00am	FOUNDATION 6.15pm - 7.00pm	ESSENTIALS 10.15am - 11.00am		ESSENTIALS 6.00pm - 6.45pm	ESSENTIALS 3.15pm - 4.00pm	ESSENTIALS 3.15pm - 4.00pm
ESSENTIALS 12.15pm - 1.00pm	ESSENTIALS 7.15pm - 8.00pm	POWER MOVES 12.15pm - 1.00pm		ESSENTIALS 7.00pm - 7.45pm	<div>CHRISTMAS TIMETABLE 22 -28 DEC</div>	
FOUNDATION 5.15pm - 6.00pm	POWER MOVES 8.15pm - 9.00pm	ESSENTIALS 5.00pm - 5.45pm				
ESSENTIALS 6.15pm - 7.00pm						
FOUNDATION 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.**

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Week 3 (29 Dec '25 - 4 Jan '26)

Monday 29/12	Tuesday 30/12	Wednesday 31/12	Thursday 1/1	Friday 2/1	Saturday 3/4	Sunday 4/1
Aqualink Box Hill Movement Studio						
ESSENTIALS 6.15am - 7.00am	ESSENTIALS 8.15am - 9.00am	CENTRE HOURS 6.00AM - 6.00PM	CENTRE HOURS 10.00AM - 8.00PM	ESSENTIALS 7.15am - 8.00am	POWER MOVES 8.15am - 9.00am	ESSENTIALS 8.15am - 9.00am
POWER MOVES 7.15am - 8.00am	FOUNDATION 9.15am - 10.00am	ESSENTIALS 6.15am - 7.00am	POWER MOVES 10.15am - 11.00am	POWER MOVES 9.15am - 10.00am	FOUNDATION 9.15am - 10.00am	POWER MOVES 9.15am - 10.00am
ESSENTIALS 8.15am - 9.00am	ESSENTIALS 10.15am - 11.00am	ESSENTIALS 7.15am - 8.00am	FOUNDATION 11.15am - 12.00pm	ESSENTIALS 10.15am - 11.00am	ESSENTIALS 10.15am - 11.00am	FOUNDATION 10.15am - 11.00am
ESSENTIALS 9.15am - 10.00am	ESSENTIALS 11.15am - 12.00pm	FOUNDATION 9.15am - 10.00am	ESSENTIALS 6.00pm - 6.45pm	FOUNDATION 12.15pm - 1.00pm	FOUNDATION 11.15am - 12.00pm	ESSENTIALS 11.15am - 12.00pm
FOUNDATION 10.15am - 11.00am	FOUNDATION 6.15pm - 7.00pm	ESSENTIALS 10.15am - 11.00am	ESSENTIALS 7.00pm - 7.45pm	ESSENTIALS 6.15pm - 7.00pm	ESSENTIALS 3.15pm - 4.00pm	ESSENTIALS 3.15pm - 4.00pm
ESSENTIALS 12.15pm - 1.00pm	ESSENTIALS 7.15pm - 8.00pm	POWER MOVES 12.15pm - 1.00pm		ESSENTIALS 7.15pm - 8.00pm	<div>CHRISTMAS TIMETABLE 29 DEC - 4 JAN</div>	
FOUNDATION 5.15pm - 6.00pm	POWER MOVES 8.15pm - 9.00pm	ESSENTIALS 5.00pm - 5.45pm				
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Week 4 (5 - 11 January 2026))

Monday 5/1	Tuesday 6/1	Wednesday 7/1	Thursday 8/1	Friday 9/1	Saturday 10/1	Sunday 11/1
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	FOUNDATION 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	FOUNDATION 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 6.15pm - 7.00pm	CHRISTMAS TIMETABLE 5 -11 JAN	
FOUNDATION 5.15pm - 6.00pm	POWER MOVES 8.15pm - 9.00pm	POWER MOVES 6.15pm - 7.00pm	ESSENTIALS 7.15pm - 8.00pm	ESSENTIALS 7.15pm - 8.00pm		
ESSENTIALS 6.15pm - 7.00pm		FOUNDATION 7.15pm - 8.00pm	FOUNDATION 8.15pm - 9.00pm			
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