

Group Exercise Timetable



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP EXERCISE	5:15AM	BEGIN	BEGIN	BEGIN	BEGIN	BEGIN		
	6:15AM	Functional Training	Aerobic	Strength	Aerobic	Functional Training		
	7:15AM	Recovery Class	Recovery Class	Recovery Class	Recovery Class	Recovery Class	Strength	
	8:15AM	Functional Training	Recovery Class	BEGIN	Recovery Class	Functional Training	Run Club	
	9:15AM						Recovery Class	
	5:30PM	Run Club		Recovery Class				
	6:15PM	Functional Training	Aerobic	Strength	Aerobic			
	7:00PM	Recovery Class	Recovery Class	Recovery Class	Recovery Class			
REFORMER STUDIO	6:15AM	Reformer Pilates	Reformer Pilates		Reformer Pilates			
	7:15AM			Reformer Pilates				
	8:15AM						Reformer Pilates	
	9:15AM	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates		Reformer Pilates
	5:30PM	Reformer Pilates		Reformer Pilates				
	6:30PM		Reformer Pilates		Reformer Pilates			

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📍 Junction Oval, Lakeside Drive, St Kilda VIC 3182

*Subject to change due to events at Junction Oval

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Our Classes

B Active Functional

Experience a high-intensity session that combines cardio, strength, and functional movements that will challenge your body and ignite your metabolism.

B Active Strength

Experience a high-intensity session that combines cardio, strength, and functional movements that will challenge your body and ignite your metabolism.

B Active Aerobic

Challenge your cardiovascular and muscular endurance like never before. A high intensity workout that will get your heart rate pumping.

Run Club

Get your body moving outdoors in the fresh air with a blend of intervals, time trials, endurance and fun. This program will teach you techniques to help you become a better runner.

Recovery Class*

A guided hot and cool plunge recovery class completed with an expert in rejuvenation to help you feel at your best. Please wear bathers and bring a towel along.

Outdoor Training

Completed around Junction Oval and beautiful facilities. Mixture of HIIT, core, cardio and strength work.

Reformer Pilates*

Reformer Pilates is a low-impact workout using a specialised machine to enhance core strength, flexibility, and balance. It offers full-body conditioning through controlled movements, promoting muscle tone and improved posture.