

Health and Wellness Centre - 2024 timetable

At Southern Plus East Fremantle H&W Centre, we're passionate about providing our clients with the best programs in our state-of-the-art facilities.

All program access is based on eligibility post an initial assessment to ensure the best fit.

One-to-one services are available upon request with our reception. Medicare bulk-billed sessions are also available.



MON

TUES

WED

THURS

FRI

Aqua Fit 8.15am - 9.00am		Aqua Fit 8.15am - 9.00am		Aqua Fit 8.15am - 9.00am
Aqua Balance 9.15am - 10.00am		Aqua Balance 9.15am - 10.00am	Strength for Life 9.30am - 10.30am	Aqua Balance 9.15am - 10.00am
Strength for Life 9.30am - 10.30am				Strength for Life 10.00am - 11.00am
Aqua Balance 10.15am - 11.00am	Strength for Life 10.00am - 11.00am			Aqua Balance 10.15am - 11.00am
Aqua Recovery 11.15am - 12.15pm		Aqua Recovery 11.30am - 12.30pm		Aqua Recovery 11.15am - 12.15pm
	Staying Strong 1.30pm - 2.30pm	Staying Strong 1.30pm - 2.30pm		Staying Strong 1.30pm - 2.30pm

Places are limited and booking prior is mandatory so please manually sign up at our reception

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Southern Plus⁺

East Fremantle
 Health & Wellness Centre