

# 2025 Timetable

At Southern Cross Care WA East Fremantle Health and Wellness 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. We also accept GP Chronic Disease Management (CDM) plans that are funded by Medicare. Out-of-pocket costs apply.

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



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**Aquafit**  
8.15am - 9.00am

**Aquafit**  
8.15am - 9.00am

**Aquafit**  
8.15am - 9.00am

**Aqua balance**  
9.15am - 10.00am

**Aqua balance**  
9.15am - 10.00am

**Aqua balance**  
9.15am - 10.00am

**Strength for life**  
9.30am-10.30am

**Strength for life**  
10.00am-11.00am

**Strength for life**  
9.30am-10.30am

**Strength for life**  
10.00am-11.00am

**Aqua balance**  
10.15am - 11.00am

**Aqua balance**  
10.15am - 11.00am

**Aqua recovery**  
11.15am - 12.15pm

**Aqua recovery**  
11.15am - 12.15pm

**Aqua recovery**  
11.15am - 12.15pm

**Staying strong**  
1.30pm-2.30pm

**Staying strong**  
1.30pm-2.30pm

**Staying strong**  
1.30pm-2.30pm

