

2026 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
Aqua fit 8:15am-9:15am		Aqua fit 8:15am-9:15am		Aqua fit 8:15am-9:15am
Aqua balance 9:15am-10:15am		Aqua balance 9:15am-10:15am		Aqua balance 9:15am-10:15am
Strength for life 9:15am-10:45am	Strength for life 9:15am-10:45am	Strength for life 9:15am-10:45am	Strength for life 9:15am-10:45am	Strength for life 9:15am-10:45am
Aqua balance 10:15am -11:15am				Aqua balance 10:15am - 11:15am
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