



Timetable Darwin
Community Hub

Better



Health & Wellness

Better
for life[®]



Stronger Today

Individualised exercise in a group setting to help you manage your health.

DAY	Time		
Monday	9am	10pm	2pm
Tuesday	10am	1pm	2pm
Wednesday	9am		
Thursday	10am	1pm	2pm
Friday	9am	10am	

All classes are 60 minutes in length, ask our staff about private health insurance rebates and how to lower your out of pocket expenses.

To book a class, call 8946 1824

Darwin Community Hub
11 Waratah Crescent
Fannie Bay

southerncrosscare.com.au



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