

Charles Darwin University Fitness Hub, Green District, Building 4

Ellengowan Drive, Casuarina 0810
(Enter from Lasharie Road)

Class Information

Stronger Today classes are 60 minutes in length.

Physical Health



Stronger Today

The Stronger Today program combines current evidence with best practice to build muscle strength, improve balance and manage any health problems you have.

While delivered in a group setting to promote socialisation and offer peer support, programs are still individualised to your assessed needs and personal goals.



Darwin Community Hub Health and Fitness Pearl Retirement Resort

Unit 3 / 11 Waratah Crescent,
Fannie Bay 0820

1800 920 492
SouthernCrossCare.com.au

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H&F Timetable - Darwin 03|2025



Timetable Darwin






























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Darwin Community Hub Weekly Class Timetable

 Stronger Today
@ Darwin Community Hub

 Stronger Today
@ Charles Darwin University Fitness Hub

	Monday	Tuesday	Wednesday	Thursday	Friday
8am					
9am		 		 	
10am		 		 	
11am					
1pm					
2pm					
3pm					

Private Health Insurance rebates available

Did you know that you can use your private health insurance to save money on some of our classes?

Our friendly staff can assist you, clarify appropriate funding options and your out of pocket expenses.

Rebates are determined by your health insurance provider.



Timetable classes and times correct as at time of printing.

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