



Timetable *Oakfield Rise*



Oakfield Rise Community Centre

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SouthernCrossCare.com.au

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Southern Cross Care (SA, NT & VIC) Inc.
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H&F Timetable - Oakfield Rise 03|2025

Better for life[®]

Oakfield Rise

Weekly Class Timetable























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.



Pilates

Increase your flexibility, postural awareness and strength.

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

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.

