



**Darwin
Health & Fitness Centre
Pearl Retirement Resort**

11 Waratah Crescent
Fannie Bay NT 0820

Please note that an assessment
by an Allied Health clinician
is required prior to commencing.

1800 920 492
SouthernCrossCare.com.au

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Southern Cross Care (SA, NT & VIC) Inc.
ARBN 129 895 905, South Australia, liability limited
H&F Timetable - Darwin - 01|2026



Timetable Darwin

Bookings essential*



























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Pearl Health & Fitness Centre

Weekly Class Timetable

Bookings essential*

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

Stronger Today

Complete your individualised exercise program in a supervised group setting.

* Bookings essential

Bookings are essential for all classes so that we can ensure safe staffing levels and so that every client attends the most appropriate classes for their health and wellbeing.

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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