



Timetable *Goolwa*

Bookings essential*

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



**Goolwa
Health, Fitness and Home Care**

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H&F Timetable - Goolwa - 01|2026















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Goolwa

Weekly Class Timetable

Bookings essential*

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

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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