



Timetable *Oakfield Rise*

Bookings essential*

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



Oakfield Rise Community Centre

19 Hawthorn Road,
Mount Barker 5251

1800 920 492

SouthernCrossCare.com.au

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H&F Timetable - Oakfield Rise 01|2026























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Oakfield Rise

Weekly Class Timetable

Bookings essential*

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



Stronger Today

Complete your individualised exercise program in a supervised group setting.



Pilates

Focus on increasing your core stability, strength and flexibility.

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.

* 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.



Timetable classes and times correct as at time of printing.

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