



# 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 - 06|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

Private Health Insurance rebates may be available for eligible clinical health classes.

Rebates are fund-dependent and typically require an initial assessment by a registered Allied Health practitioner.

Please check item numbers with your provider. Our friendly staff can also assist you in clarifying appropriate funding options.



Timetable classes and times correct as at time of printing.

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