



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

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H&F Timetable - Oakfield Rise 06|2026























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Oakfield Rise

Weekly Class Timetable

Bookings essential*

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



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

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.

* 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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