

PDC Fitness Hub

EVP Gym Class Timetable

Exercise Physiology Group Classes



MONDAY

8.00 am	PDC Power Hour
9.00 am	PDC Power Hour
10.00 am	PDC Power Hour
11.00 am	Body Balance

TUESDAY

7.00 am	PDC Power Hour
8.00 am	PDC Power Hour
9.00 am	PDC Power Hour
10.00 am	PDC Power Hour
11.00 am	Active 8
1.30 pm	PDC Power Hour

WEDNESDAY

7.00 am	PDC Power Hour
8.00 am	PDC Power Hour
9.00 am	Active 8
10.00 am	PDC Power Hour
11.00 am	PDC Power Hour
4.30 pm	PDC Power Hour
5.30 pm	Circuit Central

THURSDAY

8.00 am	PDC Power Hour
11.00 am	PDC Power Hour
1.00 pm	Active 8
5.30 pm	Circuit Central

FRIDAY

7.00 am	PDC Power Hour
8.00 am	PDC Power Hour
9.00 am	PDC Power Hour
10.00 am	Body Balance

SATURDAY

8.00 am	PDC Power Hour
9.00 am	PDC Power Hour
11.00 am	Body Balance
12.30 pm	PDC Power Hour



Karina

Accredited Exercise Physiologist



Heilam

Accredited Exercise Physiologist



Timmi

Accredited Exercise Physiologist



Cameron

Accredited Exercise Physiologist

* Initial Assessment is required before attending PDC group classes.

** Bookings are essential to secure your class attendance.

Bookings can be made via:

- Online via website: www.pdchealthhub.com.au
- Call: **08 6110 0570**
- Email: admin@pdchealthhub.com.au
- Scan the QR code to take you to the booking site



FOR MORE INFORMATION PLEASE VISIT
WWW.PDCHEALTHHUB.COM.AU

968b Albany Hwy, East Victoria Park, WA, 6101

P: 08 6110 0570

E: admin@pdchealthhub.com.au

PDC Fitness Hub

Kalamunda Gym Class Timetable

Premium small group classes

45 minute classes



THURSDAY

8.30am	Darling Ranges Seniors Hub Class
9.30am	Darling Ranges Seniors Hub Class
10.30am - 11.15am	Class
11.15am - 12pm	Class
1.15pm - 2pm	Class / 1 on 1 Ex Phys Training session



Karina

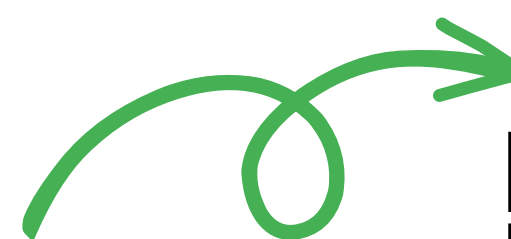
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