

## 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](http://www.pdchealthhub.com.au)
- Call: **08 6110 0570**
- Email: [admin@pdchealthhub.com.au](mailto: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](mailto:admin@pdchealthhub.com.au)

# PDC Fitness Hub

## Kalamunda Gym Class Timetable

Premium small group classes

45 minute classes



**PDC**  
**HEALTH HUB**  
Provided by Perth Diabetes Care

### 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

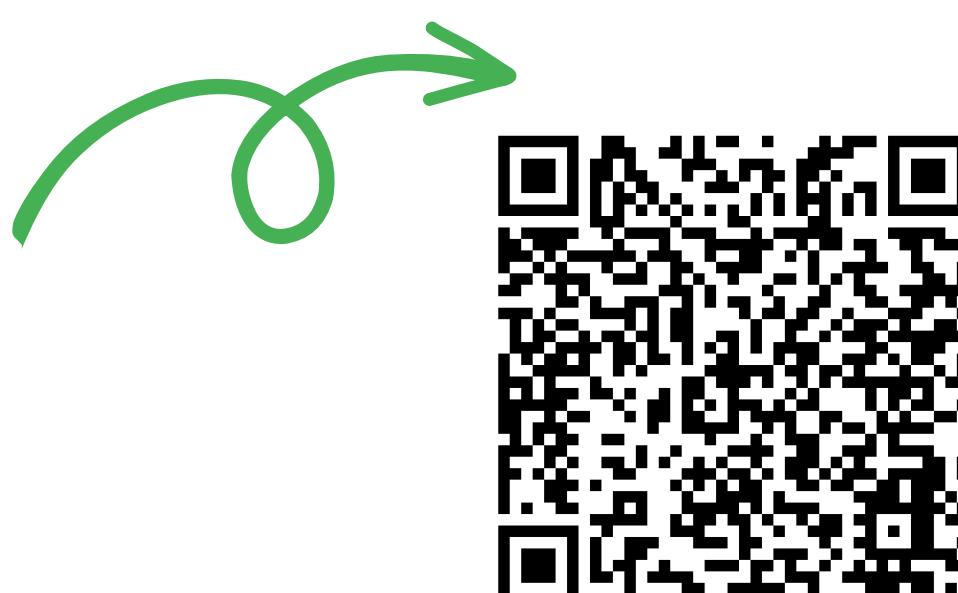
*Accredited Exercise Physiologist*

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