



Caddyshack Fitness Dance Classes

Website: <http://www.caddyshackfitness.com>

Session Circuits

Day Sunday

Time 5.00-6.00pm

Venue Pwll-y-pant community centre, Heol Pwll-y-pant, Caerphilly CF83 2ND

Session Pumba = 30mins Zumba 30mins pumpfx

Day Sunday

Time 6.00-7.00pm

Venue Pwll-y-pant community centre, Heol Pwll-y-pant, Caerphilly CF83 2ND

Session Step

Day Sunday

Time 7.00-8.00pm

Venue Pwll-y-pant community centre, Heol Pwll-y-pant, Caerphilly CF83 2ND

Session Zumba All Levels

Day Monday

Time 6.00-6.45pm

Venue Pwll-y-pant community centre, Heol Pwll-y-pant, Caerphilly CF83 2ND

Session Pumpfx

Day Monday

Time 7.00-8.00pm

Venue Pwll-y-pant community centre, Heol Pwll-y-pant, Caerphilly CF83 2ND

Session Zumba Toning

Day Monday

Time 7.15-8.00pm

Venue Pwll-y-pant community centre, Heol Pwll-y-pant, Caerphilly CF83 2ND

Session Zumba All Levels

Day Thursday

Time 6.00-6.45pm

Venue Pwll-y-pant community centre, Heol Pwll-y-pant, Caerphilly CF83 2ND

How To Book

Contact Ruth via telephone 07557053418 or email ruth@caddyshackfitness.com if you have any questions.

Note: You only need to prebook for Step and Pumpfx

Fee

Single Class is £3

Two sessions back to back are £5

Months membership £25 for unlimited classes