

MIS FIT MIDDLE SCHOOL

BBF Fitness uses fun physical activity to build strength, coordination and confidence to lay the groundwork for a healthy lifestyle.

GRADES 6-8



- SESSION 1: AUG 21-SEPT 18
- SESSION 2: OCT 9- NOV 6
- SESSION 3: NOV 13- JAN 15
- SESSION 4: JAN 22-FEB 26
- SESSION 5: MAR 4-APR 15
- SESSION 6: APR 22-MAY 20

MONDAYS

4:00-5:00

\$175 PER SESSION

NANA TWUM

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