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

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