



YOUR BEST YEAR *yet!*

bajanfusionTM

CALENDAR OF EVENTS 2024

View current schedule and book online at
www.bajanfusion.com



EMBRACE
YOUR BEST YEAR yet!

WE ARE BAJAN FUSION...

A Fitness Lifestyle Event Service designed to fuse Barbadian fitness, music and sports on the world stage.

We are in the business of creating experiences and helping people **get fit for life** through engaging events that fuse entertainment, education and excitement!

Bajan Fusion offers a variety of health/wellness events to enlighten communities to **take charge** of their lives, **stand tall** in the face of adversity and **get moving** towards a longer, safer, happier, healthier, active and progressive lifestyle!

From our branded services, here are events which feature fun, individual engagement and team building activities you may be interested in participating in:

BFF Calendar of Events

Every month the BFF Family is invited to an activity (mountain biking, hiking, caving, paddle board, golfing, horseback riding, archery etc.)

You can sign up as an individual or a group and come out and enjoy a morning or afternoon of activity!

This bundle includes:

- Soft adventure and sporting activities
- Exercises classes
- Fitness parties / marathons
- Lifestyle workshops
- Personal training and coaching
- Corporate team building
- Treats and food for healthy living
- Clothing and gear for fitness enthusiasts

Are you ready to do something new, do something different, do something challenging and do something for you?

Join us at an event and become a BFF, an enthusiastic and committed member of our Bajan Fusion Family!





GAMES & TOUR | Age 11+

Fun in the Sun fused with beach games and a Glass Bottom Boat Tour!
It's for anyone and everyone who's up for a challenge, willing to try something new and therapeutic!

Dress Code & Items: Workout gear, water, hand towel, sunscreen, medicine, camera etc.

MOUNTAIN BIKING | Age 9+

Uphill, downhill, on again off again, paved road, dirt road, any road goes!
Bob and weave to the rhythm of the terrain in an all action mountain bike experience.

Dress Code & Items: Comfortable clothing, sneakers, sunglasses, cap, back pack, sunscreen, medicine, camera etc.

MULTI WORKOUT | Age 11+

Jab, cross, hook, uppercut! Punch your way to fitness with Boxercise....
a fun, challenging & safe workout! Experience western style boxing using hands and fist fighting with offense and defense (no physical hitting). This 1 hour session involves a warm-up and cool-down with a series of boxing drills and skills. It will definitely challenge your aerobic stamina. Men and women of all ages and fitness levels are welcome.

Dress Code & Items: Workout gear, boxing or sports gloves, jump/skipping rope, exercise mat and face towel

CARDIO WORKOUT | Age 6+

Wake up and come brek ah sweet sweat! Refuel with a rewarding breakfast.
Inhale the fresh morning breeze and be good to yourself today and every day.

Dress Code & Items: Workout gear, water, hand towel, sunscreen, medicine, camera etc.



DANCE FITNESS TOUR | Age 16+

Dance to the music... move it move it! Jump aboard the Old Time Bajan Bus for an afternoon of dance, music, fun and games!

Taking the party on the road, while exploring and experiencing hotspots as we move around beautiful Barbados.

Dress Code & Items: Wear comfortable flats/enclosed shoes, comfortable clothing, bring medicine, sun block, hat/cap, sun glasses, camera etc.

ADVENTURE | Age 9+

NO sunny beaches, NO sand between your toes, DEFINITELY NO blue skies, NO birds chirping, and then there's advance caving. It's wetter, it's a little darker, more bugs and bats... but you know what, it's worth it. A physical and mental challenge!!! Are you upbfor it???

Dress Code & Items: Travel with a head light, flash light(s), hiking boots and/or sneakers with good grip or shoes you don't mind losing due to (mud/water etc.), garden gloves, cool clothing, medication, hat/scarf, insect repellent etc. Expect to get wet, so walk with a towel, change of clothes and shoes etc.

PADDLE BOARDING | Age 18+

It's right here! Comfortable in the water? Who's up for fun in the sun fused with paddle boarding. Then this exciting, full body workout is for you!

- LIFE JACKETS are available
- You must be comfortable in the water

Dress Code & Items: Beach/Swim wear, camera, medicine, sunblock, sun glasses etc.

SURVIVOR FITNESS SERIES | Age 9+

A fun evening in nature, camping out for one night! Play safe and get your rest or test your limits staying awake. When day breaks it's time to take your mind and body to the next level. Four different fitness experiences over a four hour period. Are you up for the challenge?

Dress Code & Items: Bring your own sleeping equipment (sleeping bag/tent), blanket/chair for sitting, drinks, food/snacks. Wear active gear, sneakers, face/hand towel, hat/cap, sun glasses, bring medicine, sun block, sports gloves, camera etc. Outdoor amenities - toilet & shower



TOUR EXPERIENCE | Age 11+

Foodies Day Out! Love learning about local foods, businesses and exploring Barbados? Here is a chance to experience agripreneurs in their food havens and hear their fit-food story / journey! A tour with a twist, come comfortable and be ready for the eduadventure! After the movementations, it is time to sit back, relax and indulge in a mouthwatering farm to table culinary experience.

Dress Code & Items: Wear comfortable flats/enclosed shoes, comfortable clothing, bring medicine, sun block, hat/cap, sun glasses, camera etc.

CARDIO WORK OUT | Age 9+

CELEBRATING YOU AND WHAT YOUR BODY CAN DO!

Fitness Party is where we stay true to exercise in a fun environment for the entire family to enjoy! This experience features well known fundamental exercises, combined into routines that will make you 'BREK A SWEAT'! Add Bajan music and a Bajan saying or some folklore (bajanisms), to ensure a few laughs as we go along... Bruggadung!

Dress Code & Items: Workout gear, water, hand towel, sunscreen, medicine, camera etc.

MINDFUL MOVEMENT | Age 11+

Adventure in nature and stretch your lifeline one movement, one breath at a time. This is a low-medium impact stretch class designed to focus on body flexibility and mobility, toning and strengthening of muscles, mindfulness, deep breathing, and relaxation.

Dress Code/Items: Exercise or yoga mat, hand towel

GOLFING | Age 9+

Tiger Tiger Woods y'all...or maybe not so much! Come learn and play golf, while enjoying a tour of the course coupled with friendly games & competitions.

Dress Code & Items: Proper Golf attire must always be worn on the course. No jeans, no tanks, no tracksuits allowed.

Gents: Polo shirts with collars and shirt sleeves, bermuda length shorts or trousers, soft spikes, sneakers or tennis shoes.



HIKING | Age 9+

For the adventure seeking, outdoors loving, nature hugging, sometimes bugging (there maybe bugs), fitness enthusiasts or those who just feel to walk... let's get moving! Bring your friends and family for a fun-fit time exploring the ins and outs of our beautiful island. Stop, stare and capture breathtaking views!

Dress Code & Items: Hiking boots/sturdy enclosed foot wear, comfortable loose fitting clothing, garden/sports gloves and backpacks (for storing drinking water, snacks, meds. etc.) for hands free walking. Bring your camera, wear sunblock, hat/cap, sunglasses etc.

RELAX & REJUVENATE | Age 18+

Join us for an unforgettable Paint and Sip experience! Spend an afternoon in nature, painting memories, sipping slowly, and connecting with like-minded individuals. Relax and experience the energy of this beautiful space. You won't want to miss this!

\$200 inclusive of registration, all art supplies, wine (alcoholic & non-alcoholic), light refreshments

HORSEBACK RIDING | Age 4+

Up for a scenic horseback adventure through the lush village of Bruce Vale, St. Andrew? Explore the farm at Nature Fun Ranch and take in the atmosphere... Now quit horsing around and let's get going!

Dress Code & Items: Wear comfortable shoes/sneakers, comfortable clothing, bring medicine, sun block, camera, sports gloves, hat/cap, sun glasses etc.

ARCHERY | Age 9+

Taketh from the rich, giveth to the poor, Little John, Friar Tuck and many more... errr uhrrr... ORRRRR maybe it's an evening of fun and fascination... test your skills like Robin Hood with bow and arrow!

Dress Code & Items: Wear comfortable shoes/sneakers, comfortable clothing, bring medicine, sun block, sports gloves, hat/cap, sun glasses, camera etc.

VISION BOARD PARTY



SELF-EMPOWERMENT | Age 18+

Embrace the power of collective healing and growth at our Wellness Experience Vision Board Party!

An immersive event designed to unite women on a transformative journey towards a happier, healthier life and ignite your passion for achieving optimal health and wellness, while exploring the depths of your aspirations to manifest your goals!

Dress Code:

Come comfortable in wellness wear, sneakers and exercise/yoga mat.

WALKING | Age 6+

Have you always wanted to hike without the pressure or need for speed and high intensity? Look no further... Join Walk2Wellness!

Bring your family and friends to a nice morning or afternoon walk through neighborhoods and simply explore the beauty of Barbados. Stop, stare and capture breathtaking views!

Dress Code/Items: Workout gear, yoga/exercise mat, sunscreen, medicine, camera etc.

KAYAKING | Age 18+

Yippie Kayo Kayak! This is where the action's at...become one with your kayak as you glide through beautiful crystal-clear waters at Carlisle Bay.

- LIFE JACKETS are available
- You must be comfortable in the water

Dress Code & Items: Beach / Swim wear, camera, medicine, sunblock, sun glasses etc.

FUSING FITNESS... **EMPOWERING BORDERLESS COMMUNITIES!**



WITH
THE POWER
OF CHOICE,
EXECUTION,
AND FOCUS,
YOU CAN ACHIEVE
YOUR GOALS
AND DREAMS.



DATE	EVENT	LOCATION	START TIME	PRICE
JANUARY				
21 JAN	HIKERS PARADISE	BARBADOS FOREST EXPERIENCE, ST. PETER	3:00PM	\$35
FEBRUARY				
3 FEB	FLEX AND STRETCH	BARBADOS FOREST EXPERIENCE, ST. PETER	7:00AM	\$45
10 FEB	DUDE! WHERE'S MY PADDLE?	PEBBLES BEACH, ST. MICHAEL	8:30AM	\$115
11 FEB	WATER YOU WAITIN FOR?	CARLISLE BAY, ST. MICHAEL	3:00PM	\$95
18 FEB	HIKERS PARADISE	INDIAN GROUND, ST. PETER	3:00PM	\$35
25 FEB	TAKE A BOW	BELLEVUE PLANTATION, ST. MICHAEL	3:00PM	\$85
MARCH				
2 MAR	FLEX AND STRETCH	BARBADOS FOREST EXPERIENCE, ST. PETER	7:00AM	\$45
3 MAR	BOXERCISE	HASTINGS BOARDWALK, CHRIST CHURCH	7:00AM	\$30
3 MAR	BOXERCISE	FOLKESTONE MARINE PARK, ST. JAMES	5:00PM	\$30
9 MAR	WALK 2 WELLNESS	CHECKER HALL, ST. LUCY	6:30AM	\$35
17 MAR	HIKERS PARADISE	ST. THOMAS	3:00PM	\$35
24 MAR	CAVING CRAVERS	COLES CAVE, ST. THOMAS	9:00AM	\$65
30 MAR	PAINT YOUR BEAUTIFUL	BARBADOS FOREST EXPERIENCE, ST. PETER	2:30PM	\$200

10% OFF FOR FAN CLUB MEMBERS & BARP MEMBERS ON ALL OUR ADVENTURE EVENTS.

CALENDAR OF EVENTS 2024 | 1ST QUARTER

DATE	EVENT	LOCATION	START TIME	PRICE
APRIL				
6 APR	FLEX AND STRETCH	BARBADOS FOREST EXPERIENCE, ST. PETER	7:00AM	\$45
12 APR	FIRELUP	BARBADOS FOREST EXPERIENCE, ST. PETER	4:00PM (FRI)	\$150
	R U N S	T H R O U G H T O		
13 APR	FIRELUP	BARBADOS FOREST EXPERIENCE, ST. PETER	10:00AM (SAT)	
14 APR	BEACHFIT	FOLKESTONE MARINE PARK, ST. JAMES	3:00PM	\$90
21 APR	HIKERS PARADISE	ST. JOSEPH	3:00PM	\$35
MAY				
4 MAY	FLEX AND STRETCH	BARBADOS FOREST EXPERIENCE, ST. PETER	7:00AM	\$45
12 MAY	BICYCLE BOOGIE	OLD TRAIN LINE, ST. GEORGE	3:00PM	\$135 & \$65
5 MAY	SENIOR GAMES	USAIN BOLT SPORTS COMPLEX	TBC	TBC
	R U N S	T H R O U G H T O		
20 MAY	SENIOR GAMES	USAIN BOLT SPORTS COMPLEX	TBC	TBC
19 MAY	HIKERS PARADISE	ST. JOHN	3:00PM	\$35
26 MAY	GOLFING WITH THE PROS	DURANTS, CHRIST CHURCH	3:00PM	\$95
JUNE				
1 JUN	FLEX AND STRETCH	BARBADOS FOREST EXPERIENCE, ST. PETER	7:00AM	\$45
2 JUN	BOXERCISE	FOLKESTONE MARINE PARK, ST. JAMES	7:00AM	\$30
2 JUN	BOXERCISE	HASTINGS BOARDWALK, CHRIST CHURCH	5:00PM	\$30
8 JUN	WALK 2 WELLNESS	BARCLAYS PARK, ST. ANDREW	6:30AM	\$35
8 JUN	FITNESS PARTY	BARBADOS FOREST EXPERIENCE, ST. PETER	2:00PM	\$50
9 JUN	SADDLE UP	BRUCEVALE, ST. ANDREW	3:00PM	\$135
16 JUN	HIKERS PARADISE	ST. GEORGE	3:00PM	\$35
23 JUN	CAVING CRAVERS	COLES CAVE, ST. THOMAS	9:00AM	\$65
29 JUN	PAINT YOUR BEAUTIFUL	BARBADOS FOREST EXPERIENCE, ST. PETER	2:30 PM	\$200

10% OFF FOR FAN CLUB MEMBERS & BARP MEMBERS ON ALL OUR ADVENTURE EVENTS.
CALENDAR OF EVENTS 2024 | 2ND QUARTER

DATE	EVENT	LOCATION	START TIME	PRICE
JULY				
6 JUL	FLEX AND STRETCH	BARBADOS FOREST EXPERIENCE, ST. PETER	7:00AM	\$45
6 JUL	DUDE! WHERE'S MY PADDLE?	PEBBLES BEACH, ST. MICHAEL	8:30AM	\$115
7 JUL	WATER YOU WAITIN FOR?	CARLISLE BAY, ST. MCHAE	3:00PM	\$95
12 JUL	FIREUP	BARBADOS FOREST EXPERIENCE, ST. PETER	4:00PM (FRI)	\$150
	R U N S T H R O U G H T O			
13 JUL	FIREUP	BARBADOS FOREST EXPERIENCE, ST. PETER	10:00AM (SAT)	
14 JUL	TAKE A BOW	BELLEVUE PLANTATION, ST. MICHAEL	3:00PM	\$85
20 JUL	BREAKFITFAST	FISHERMAN'S PUB, ST. PETER	7:00AM	\$25 & \$55
21 JUL	HIKERS PARADISE	ST. PHILIP	3:00PM	\$35
27 JUL	FIT FOOD TOUR	VARIOUS LOCATIONS	9:00AM	\$190
AUGUST				
18 AUG	HIKERS PARADISE	ST. ANDREW	3:00PM	\$35
25 AUG	BEACHFIT	FOLKESTONE MARINE PARK, ST. JAMES	3:00PM	\$90
SEPTEMBER				
1 SEP	BOXERCISE	HASTINGS BOARDWALK, CHRIST CHURCH	7:00AM	\$30
1 SEP	BOXERCISE	FOLKESTONE MARINE PARK, ST. JAMES	5:00PM	\$30
7 SEP	FLEX AND STRETCH	BARBADOS FOREST EXPERIENCE, ST. PETER	7:00AM	\$45
14 SEP	WALK2WELLNESS	TURNERS HALL, ST. THOMAS	6:30AM	\$35
15 SEP	HIKERS PARADISE	ST. JAMES	3:00PM	\$35
21 SEP	SADDLE UP	BRUCEVALE, ST. ANDREW	3:00PM	\$135
22 SEP	CAVING CRAVERS	COLES CAVE, ST. THOMAS	9:00AM	\$65
28 SEP	PAINT YOUR BEAUTIFUL	BARBADOS FOREST EXPERIENCE, ST. PETER	2:30 PM	\$200

DATE	EVENT	LOCATION	START TIME	PRICE
OCTOBER				
5 OCT	FLEX AND STRETCH	BARBADOS FOREST EXPERIENCE, ST. PETER	7:00AM	\$45
6 OCT	GOLFING WITH THE PROS	DURANTS, CHRIST CHURCH	3:00PM	\$95
13 OCT	TAKE A BOW	BELLEVUE PLANTATION, ST.MICHAEL	3:00PM	\$85
20 OCT	HIKERS PARADISE	CHRIST CHURCH	6:00AM	\$35
26 OCT	DUDE! WHERE'S MY PADDLE?	PEBBLES BEACH, ST. MICHAEL	8:30AM	\$115
27 OCT	WATER YOU WAITIN FOR?	CARLISLE BAY, ST. MCHAE	3:00PM	\$95
NOVEMBER				
2 NOV	FLEX AND STRETCH	BARBADOS FOREST EXPERIENCE, ST. PETER	7:00AM	\$45
9 NOV	FITNESS PARTY	BARBADOS FOREST EXPERIENCE, ST. PETER	2:00PM	\$50
16 NOV	BREAKFITFAST	FISHERMAN'S PUB, ST. PETER	7:00AM	\$25 & \$55
17 NOV	HIKERS PARADISE	ST. MICHAEL	3:00PM	\$35
22 NOV	FIREUP	BARBADOS FOREST EXPERIENCE, ST. PETER	4:00PM (FRI)	\$150
	R U N S T H R O U G H T O			
23 NOV	FIREUP	BARBADOS FOREST EXPERIENCE, ST. PETER	10:00AM (SAT)	
24 NOV	BICYCLE BOOGIE	ST. LUCY PARISH CHURCH, ST. LUCY	3:00PM	\$135 & \$65
DECEMBER				
1 DEC	BOXERCISE	FOLKESTONE MARINE PARK, ST. JAMES	7:00AM	\$30
1 DEC	BOXERCISE	HASTINGS BOARDWALK, CHRIST CHURCH	5:00PM	\$30
7 DEC	FLEX AND STRETCH	BARBADOS FOREST EXPERIENCE, ST. PETER	7:00AM	\$45
14 DEC	WALK2WELLNESS	OISTINS, CHRIST CHURCH	6:30AM	\$35
15 DEC	HIKERS PARADISE	ST. LUCY	3:00PM	\$35
28 DEC	PAINT YOUR BEAUTIFUL	BARBADOS FOREST EXPERIENCE, ST. PETER	2:30PM	\$200



PLEASE NOTE

*Private Events are possible. Ask us.

**10% OFF for Fan Club Members on all our adventure events

**10% OFF for BARP Members for adventure events, exercise classes and lifestyle workshops

***Event Payment deadline - 2 weeks prior to event

****Youth ages 13 and under must be accompanied by an adult

*****Arrive 30 minutes prior to the event, for waiver form completion, introductions and safety briefing

SOUNDS LIKE FUN? YOU WANT IN?

Connect with us via events@bajanfusion.com, call/whatsapp (246) 284-5426
Carlton House, Two Mile Hill, St. Michael

Visit us at www.bajanfusion.com



**BAJANFUSION 12 YEAR ANNIVERSARY / CELEBRATION
31 DECEMBER 2024**

JOIN ⁵ BAJANFUSION FAN ³ CLUB

**JOIN ⁵ BAJANFUSION
FAN ³ CLUB**

\$175
ONE YEAR
MEMBERSHIP

**SIGNUP
TODAY!**

BENEFITS:
A BFF (BAJANFUSION FAN) T-SHIRT
FIRST REFUSAL ON ALL EVENTS
10% DISCOUNT ON ALL OUR ADVENTURE EVENTS
FREE PASS TO A FITNESS CLASS QUARTERLY
FAN ONLY ACTIVITIES

\$340
OVERALL
SAVINGS

REGISTER BY
31 DEC. 2023 - \$150.00
15 JAN. 2024 - \$165.00
31 JAN. 2024 - \$175.00

MEMBERSHIP RUNS JAN 1 - DEC 31, 2024

Cash or Online bank transfer
Connect with us via events@bajanfusion.com or 284-5426

bajanfusion™

bajanfusion™
**STAND
BFFUP**

**BAJANFUSION BFF
GRAPHIC TEE**
Cotton - S - XXL
SHIRT COLOURS AVAILABLE
● ● ● ● ●

BAJANFUSION BFF SHIRTS

**JOIN ⁵ BAJANFUSION
FAN ³ CLUB**

**FUSING FITNESS...
EMPOWERING BORDERLESS COMMUNITIES**

**THE LIFE & TIMES OF A
BF FAN CLUB MEMBER**

**JOIN ⁵ BAJANFUSION
FAN ³ CLUB**

**FUSING FITNESS...
EMPOWERING BORDERLESS COMMUNITIES**

bajanfusion™

FITNESS CLASSES

2024 ONLINE SCHEDULE

6-WEEK PROGRAM

January 8 - February 8

February 12 - March 21

March 25 - May 3

May 6 - June 13

June 17 - July 25

BREAK (July 29 - August 11)

August 12 - September 19

September 23 - October 31

November 4 - December 12

MONDAY

CRANK 5:30 AM | 7:00 PM

TUESDAYS

CRANK 5:30 AM | 7:00 PM

WEDNESDAY

FITNESS PARTY 5:30 AM | 7:00 PM

THURSDAY

MOVEMENTATIONS 5:30 AM | 7:00 PM



\$20 BDS - NON-MEMBERS

\$15 BDS - BAJAN FUSION FAN CLUB MEMBERS

COST PER INDIVIDUAL SESSION

BOOK YOUR SPOT

via celia@bajanfusion.com or call/whatsapp (246) 284-5426

MY COMPANY CARES

MCC is a **bajanfusion** wellness initiative designed to spotlight companies who are interested and committed to employee engagement and wellness, while building and deepening connections / relationships with Barbadian communities.

Become a MCC sponsor today!!

Connect via celia@bajanfusion.com

246-284-5426 for information to invest in an experience.

BREAKFAST

BOXERCISE
ON THE BOARDWALK

FITNESS party

HIKERS
Paradise

WALK TO WELLNESS

FLEX AND STRETCH

bajanfusion™

WHAT'S HAPPENING IN 2024?

FUSING FITNESS... **EMPOWERING BORDERLESS COMMUNITIES!**



*bajanfusion*TM

PRE-ORDER YOUR SHIRTS.

- 
- ADRENALIN

ELEKTRIK

ENDURANCE

HYPER

TO-THE-LIMIT
- 
- OCEAN

TRANQUIL

DIG DEEPER

INGRAYNED

CLARITY

CONTACT US TODAY.
(246) 284-5426

***CHARACTERISTICS**



EMPOWER&CHALLENGE
YOURSELF.



* Features or qualities belonging typically to a person who embraces the Bajanfusion way of life

*bajanfusion*TM
SAY IT, WEAR IT! | BAJANFUSION APPAREL
FUSING FITNESS... EMPOWERING BORDERLESS COMMUNITIES!

AHFRM NATION



FUN-DA-MENTALS



bajanfusion™

SAY IT, WEAR IT! | BAJANFUSION APPAREL
FUSING FITNESS... EMPOWERING BORDERLESS COMMUNITIES!

Box Offices & Affiliates



TicketPal Caribbean
Warrens Terrace, Barbados



Alka10
115 Sunflower Drive, Cane Garden, St. Thomas



Island View Fan
112 Breezy Hill, Halton, St. Philip



Aries83
11 Callenders Gardens, Christ Church

Celia Collymore

Certified Corporate Wellness Specialist | Trainer | Assessor

Empower Yourself... Challenge yourself!

