



TRANS•FOR•MA•TION

bajanfusion[™]

CALENDAR OF EVENTS 2026

View current schedule and book online at

www.bajanfusion.com

TRANS·FOR·MA·TION
14 YEARS OF BAJANFUSION EVOLVING
INTO WHAT IT IS TODAY!



OUTDOOR ADVENTURE | SPORTS & RECREATION
TEAM BUILDING | EXERCISE CLASSES
LIFESTYLES WORKSHOPS | PERSONAL TRAINING
PERSONAL DEVELOPMENT

bajanfusion[™]

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 Bajan Fusion Fitness family/friends/fans are 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!

Our service offerings include:

- Soft adventure and sporting activities
- Exercises classes
- Fitness parties / marathons
- Lifestyle workshops
- Personal training and coaching
- Corporate team building
- Corporate wellness programs
- 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 member of our Bajan Fusion Fitness family!



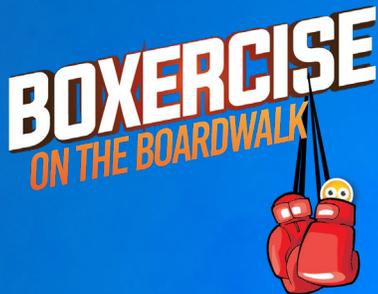


GAMES & TOUR | Age 11+

Sun, sand, and sweat - BeachFit is the ultimate fusion of fitness, fun, and adventure! Get ready for exciting beach games, a rejuvenating workout, and a breathtaking Glass Bottom Boat Tour.

Whether you're up for a challenge, eager to try something new, or simply looking for a therapeutic escape, this one's for you!

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



MULTI WORKOUT | Age 11+

Jab, cross, hook, uppercut - Boxercise is a knockout workout! Train like a pro with Western-style boxing techniques, mastering offense and defense (no physical hitting). It's high-energy, high-impact, and a whole lot of fun. Ready to punch your way to peak fitness?

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



CARDIO WORKOUT | Age 6+

Sweat, smile, and savor! BreakFitFast is the ultimate Exercise & Eat Experience... a morning of energizing workouts followed by a delicious, wholesome breakfast. Move your body, fuel your soul, and leave feeling stronger, happier, and well-fed!

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



ADVENTURE | Age 9+

Craving adventure? Caving Cravers is a thrilling mix of hiking, exploring, and team-building in the island's hidden underground world! Perfect for families, colleagues, and groups, this experience will take you inside and outside of the space, uncovering the natural beauty and mysteries of Barbados.

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+

Catch the waves, ride the currents, and glide across the sea! Paddleboarding meets pure fun in this beachside adventure. Whether you're a newbie or a seasoned pro, come test your balance, soak up the sun, and enjoy the rhythm of the ocean.

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

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



TOUR EXPERIENCE | Age 11+

A foodie's dream meets a fitness adventure! Explore Barbados through its flavors, meeting agripreneurs in their element, hearing their food journeys, and tasting fresh local delights. This edu-adventure wraps up with a mouthwatering farm-to-table dining experience... so come hungry and ready for a flavorful ride!

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+

A celebration of movement, music, and YOU! This high-energy fitness experience fuses international beats, Bajan vibes, and all-out fun. Come for the sweat, stay for the vibes, and leave feeling stronger, happier, and totally energized!

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



FITNESS, WELLNESS & FOOD EXPERIENCE | Age 18+

A holistic experience designed to empower women and strengthen community through movement, education, and connection. Rooted in belief that wellness is more than fitness, the experience blends inclusive movement sessions, wellness and nutrition education, open conversations, storytelling, and expert insights to support balance, confidence, and overall wellbeing throughout life. Fusion Wellness is a welcoming space for women to learn, connect, and thrive - together.

Dresscode: Workout gear, water, hand towel, exercise/yoga mat, sunscreen, medicine etc.

GOLFING WITH THE pros

GOLFING | Age 9+

Swing, socialize, and step up your golf game! Join us for an unforgettable day on the greens, learning from seasoned pros while soaking in the lush surroundings. Plus, don't forget to dress to impress in your fancy hat/pants/skirt!

*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. **Ladies:** Polo shirts, skirts, bermuda shorts or trousers, soft spikes, sneakers or tennis shoes*

HIKERS Paradise

HIKING | Age 9+

Step into nature's masterpiece! Hikers Paradise is a scenic trek through Barbados' stunning landscapes. Feel the coastal breeze, take in the dancing sunlight, and admire the breathtaking views of the island's coasts. Expect plenty of stops to soak in the sights and sounds of this unforgettable journey.

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.

saddle Up

HORSEBACK RIDING | Age 4+

Explore, discover, and ride into adventure! This horseback hiking experience takes you through Brucevale's lush landscapes. Immerse yourself in the island's rural charm, meet the farm animals, and enjoy a truly unique outdoor escape.

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

BEGINNERS SELF DEFENSE FOR WOMEN

SELF EMPOWERMENT | Age 18+

Fusing martial arts, fitness and empowerment which aims to equip women with practical mental, physical and survival skills to keep them safe without compromising their femininity. This 4 week program will engage and teach women to protect themselves anywhere with fundamental movements, while strengthening their minds and getting in a full body workout.

Dress Code & Items: T-shirt, sweat pants/tights, sneakers, sports gloves, exercise/yoga mat and face towel



ARCHERY | Age 9+

Step into the world of Robin Hood and medieval legends! Whether you're channeling your inner archer or just looking for an evening of fun, Take A Bow is your chance to learn and play archery in an engaging and exciting way!

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



WALKING | Age 6+

Step into strength. Step into sisterhood. This empowering walk brings women and girls together to move, connect, and celebrate wellness at every life stage. Come walk, learn, and be part of a powerful movement of resilience, joy, and unity!

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



KAYAKING | Age 18+

Kayak warriors, this one's for you! Yippie Kayo Kayak takes you on an unforgettable paddle through crystal-clear waters at Carlisle Bay. Experience the ocean's magic, glide with the waves, and embrace the thrill of this must-do adventure!

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

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

ARE YOU EXCITED ABOUT YOUR LIFE JOURNEY... YOUR GROWTH, THE NEW OPPORTUNITIES, POSSIBILITIES AND CHANGES?

This is a year for alignment, consistency, and trusting the transformational process...
one step, one decision, one day at a time.

Here's to growth that lasts and movement that matters.

**BLESSINGS AND...
TRANSFORMATION IN OUR HEALTH, FITNESS AND WELLNESS.
TRANSFORMATION IN OUR LEADERSHIP.
TRANSFORMATION IN OUR WORKPLACES.
TRANSFORMATION IN OUR HABITS, ENERGY, AND EVERYDAY CHOICES.**

At Bajan Fusion , we embrace a holistic approach to fitness, empowering you to
GET FIT FOR LIFE through dynamic events that combine entertainment, education,
and excitement! We're thrilled to continue serving you and sharing transformational
experiences in 2026 and beyond!



PERSONAL DEVELOPMENT & LIFESTYLE COACHING

BY **BAJAN FUSION**

YOUR JOURNEY STARTS HERE

Embark on a transformative journey of personal growth & empowerment.

SESSION STRUCTURE

Check-in | Main Activity | Reflection

"I feel more confident and capable of pursuing my future goals through Celia's personal development sessions."

Abayomi

\$500.00 INVESTMENT

This experience includes:

- Four (4) one-hr 1-on-1 sessions & follow-up meeting on your progress & next steps
- Your Personal Journal

LET'S GET STARTED!

CONTACT

celia@bajanfusion.com or (246) 284-5426

FUSING FITNESS... EMPOWERING BORDERLESS COMMUNITIES

bajanfusion™



DATE EVENT LOCATION START TIME PRICE

FEB

22 FEB HIKERS PARADISE MAYCOCKS, ST. LUCY 3:00 PM \$35

MAR

8 MAR WOMEN'S WELLNESS WALK GARRISON, ST. MICHAEL 3:30 PM \$40
 28 MAR FUSION WELLNESS TBC 7:30 AM TBC

APR

11 APR - 16 MAY SELF-DEFENSE FOR WOMEN PELICAN, ST. MICHAEL 9:00 AM \$300
6 WEEK DURATION
 18 APR BOXERCISE FOLKESTONE, ST. JAMES 7:00 AM \$35
 25 APR BREAKFITFAST BOTANICAL GARDENS, ST. MICHAEL 7:00 AM \$75

MAY

17 MAY TAKE A BOW BELLEVUE PLANTATION, ST. MICHAEL 3:00 PM \$85
 31 MAY HIKERS PARADISE TBC 3:00 PM \$35

JUN

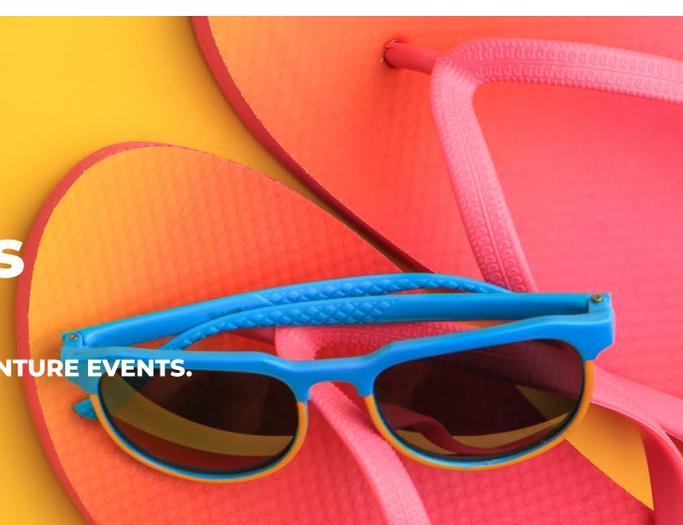
13 JUN FITNESS PARTY TBC 2:00 PM \$50
 28 JUN BEACHFIT HOLETOWN, ST. JAMES 3:00 PM \$90

JUL

11 JUL WATER YOU WAITIN FOR? SPEIGHTSTOWN, ST. PETER 8:30 AM \$90
 18 JUL FUSION WELLNESS TBC 7:30 AM TB

july 19 - august 9th - summer break
book your private events

10% OFF FOR FAN CLUB, BARP & HNI MEMBERS ON ALL OUR ADVENTURE EVENTS.
 CALENDAR OF EVENTS 2026 | 1ST HALF





DATE

EVENT

LOCATION

START TIME

PRICE

AUG

16 AUG	SADDLE UP	BRUCEVALE, ST. ANDREW	3:00 PM	\$135
30 AUG	HIKERS PARADISE	TBC	3:00 PM	\$35

SEP

19 SEP	CAVING CRAVERS	COLES CAVE, ST. THOMAS	9:00 AM	\$65
26 SEP	BREAKFITFAST	BOTANICAL GARDENS, ST. MICHAEL	7:00 AM	\$75

OCT

10 OCT	FIT FOOD TOUR	VARIOUS	7:30 AM	\$150
11 OCT	GOLFING WITH THE PROS	DURANTS, CHRIST CHURCH	4:00 PM	\$90
17/18 OCT	FUSION WELLNESS	TBC	7:30 AM	TBC

NOV

14 NOV	FITNESS PARTY	TBC	2:00 PM	\$50
22 NOV	HIKERS PARADISE	TBC	3:00 PM	\$35

DEC

20 DEC	BFF BRUNCH	TBC	TBC	VARIED
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31 DEC **BAJAN FUSION TURNS FOURTEEN**



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

CALENDAR OF EVENTS 2026 | 2ND HALF

PLEASE NOTE

*Private Events are possible. Ask us.

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

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

****10% OFF for HNI Members - select events

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

BOX OFFICES - SCOTIA BANK | TICKETPAL

*****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 14 YEAR ANNIVERSARY / CELEBRATION
31 DECEMBER 2026

bajanfusion™



GO CRUSH YOUR GOALS IN 2026!

CELIA'S CRUSHIT CIRCUIT

ONLINE EARLY MORNING WORKOUTS

Tuesdays | Wednesdays | Fridays

4:45 AM (Live on Zoom)

* Strength & Functional Fitness

* Accountability & Supportive Community

* Real Results - Mind, Body & Energy

2026 CYCLES

1. Feb 3 – Mar 13 | 2. Mar 17 – Apr 24

3. Apr 28 – Jun 5 | 4. Jun 9 – Jul 17

Break: Jul 20 – Aug 14

5. Aug 18 – Sep 25 | 6. Sep 29 – Nov 6

7. Nov 10 – Dec 18

\$270 per 6-week cycle

Contact 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.

BREAK *FIT* FAST

BOXERCISE
ON THE BOARDWALK



FITNESS
party

HIKERS
Paradise


WALK TO WELLNESS


FLEX
AND
STRETCH

bajanfusion™



**WHAT'S HAPPENING IN 2026?
FUSING FITNESS... EMPOWERING BORDERLESS COMMUNITIES!**

bajanfusion[™]

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[™]

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

AHFRM NATION



BELIEVE YOU CAN AND YOU WILL!

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



Healthier Nation Initiative (HNI)
Charnocks #1, Christ Church, Barbados
HNI Members 10% off (select events)



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



Aries83
T1 Callenders Gardens, Christ Church

AT BAJAN FUSION, WE BELIEVE IN EMPOWERING YOU TO LIVE BOLDLY, MOVE FREELY, AND THRIVE HOLISTICALLY. OUR CORE VALUES - OUR BFFS (BAJAN FUSION FUNDAMENTALS) - ARE YOUR GUIDE TO AN EXTRAORDINARY FITNESS AND WELLNESS JOURNEY.

BAJAN FUSION FUNDAMENTALS A.K.A. VALUES

TAKE CHARGE

BY BECOMING EMPOWERED, EDUCATED, AND AWARE ON YOUR FITNESS, WELLNESS AND HEALTHY LIFESTYLE JOURNEY.



STAND TALL

BY PARTICIPATING IN CHALLENGES WHERE YOU WILL BE ABLE TO DEVELOP RESILIENCE AND COURAGE ON YOUR FITNESS, WELLNESS AND HEALTHY LIFESTYLE JOURNEY.



GET MOVING

BY JUST DOING SOMETHING! TAKE PART IN REGULAR DAILY PHYSICAL ACTIVITY AND JOIN OUR FUN BFF BAJAN FUSION FITNESS EVENTS!



GET FIT FOR LIFE

BY ENCOURAGING YOU TO LIVE HOLISTICALLY. WE WANT YOU TO LIVE LONGER, SAFER, HAPPIER, HEALTHIER, ACTIVE, PRODUCTIVE AND PROGRESSIVE LIFESTYLES.



Celia Collymore

Certified Corporate Wellness Specialist | Trainer | Assessor

