



**BHANGRA FOR SCHOOLS**  
**HAPPY. HEALTHY. HOORAY!**

POWERED BY BBX FITNESS



## ABOUT BBX

BBX Fitness was born on 1st June 2020, during the Covid-19 pandemic in the midst of a country-wide lockdown in the UK. Prior to the pandemic, business owner and Bhangra Fitness instructor, Bally Bhogal had been delivering classes locally since 2016, however March 2020 changed everything.

Bally was determined to find a way to stay connected to the many clients who were unable to attend her very popular weekly classes. After delivering free Facebook classes for the first few months of lockdown, Bally and her husband and business partner Michael, decided to develop a 24-hour online Bhangra Fitness service, comprising pre-recorded on-demand videos and live classes delivered via Zoom. Bhangra Blaze Xpress (BBX) was launched as an online, on-demand Bhangra Fitness membership platform on 1st June 2020.

BBX proved immediately successful as a lockdown business and post-lockdown was able to transition easily into also delivering live classes again. The company has now evolved into BBX Fitness Limited, a successful fitness brand with a growing list of instructors and new classes being launched on a regular basis. The niche offering of BBX continues to attract a range of media interest, including an appearance on the Channel 5 television show "You Are What You Eat" with Dr Amir Khan and Trish Goddard (26th January 2022).

The BBX motto "Do Bhangra. Be Happy. Feel Free!" perfectly encapsulates the vision of the company's founders; to help as many people as possible to use Bhangra Fitness exercise to improve both their physical health and mental wellbeing.





## WHAT IS BHANGRA FITNESS?

Bhangra Fitness is a dance exercise programme which uses Bhangra, the traditional Indian folk music and dance. Bhangra originates from the Punjab, a region in the northern part of the Indian subcontinent, covering Northern India and Eastern Pakistan. Bhangra is a celebratory dance, originally used by farmers to celebrate events such as the harvest and the coming of Spring. The lively, high-energy nature of Bhangra makes it very popular at South Asian parties and weddings. It's impossible to do a 'little Bhangra move or dance'; that's why the pumping music and the big, extravagant arm and leg movements which characterise the dance make it the perfect medium for a great full-body workout – and to experience an amazing endorphin rush, which is why everyone feels so happy at the end of a Bhangra Fitness session!







## WHAT IS BHANGRA FOR SCHOOLS?

Our 'Bhangra Bambinos' workshops and events in schools have proved extremely popular for several years. The closure of all schools during the Covid pandemic in 2020, encouraged us to look more deeply into the long-term effects of lack of exercise on the physical and mental wellbeing of schoolchildren – and as a result, Bhangra For Schools was born, with a mission to:

- Increase engagement in exercise and movement across all school age groups and abilities,
- Address childhood obesity issues, increase physical stamina and improve co-ordination skills,
- Improve mental health by increasing happiness and wellbeing,
- Promote diversity and wider cultural awareness

Bhangra For Schools is an in-school exercise programme, utilising our pre-recorded, on-demand Bhangra Fitness workout videos. It really is as simple as A, B, C:

- A. We train your PE leads and/or other staff members to facilitate Bhangra Fitness classes,
- B. Your school subscribes to our video package and you stream the pre-recorded sessions in class or at lunchtimes, or after-school as a holiday or activity club and
- C. The children get tons of great exercise and have lots of fun!

Bhangra For Schools is designed to be flexible; you can just train your teachers to facilitate and then design and deliver your own sessions, or you can just stream our videos in-class - but when you do both, the magic really happens!



## BHANGRA FOR SCHOOLS PACKAGE SERVICES

### BHANGRA FOR SCHOOLS WORKSHOPS

1/2-day and full-day fun-filled workshops with a BBX Bhangra Fitness instructor for KS2 and/or KS3 children.

- Includes an introduction to Bhangra music, teaching and performance of basic Bhangra moves,
- Work on rhythm, co-ordination, stability and balance
- Use of drumsticks with Bhangra moves - optional, not mandatory, but the kids love it!



“The pupils gained a great deal from the Bhangra session. They were motivated from the start. The instructor modelled each move and the pupils danced themselves with the instructor continuing to dance and showing them how to move. All the children were dancing and even some of the teachers. The music was lively and rhythmical, everybody thoroughly enjoyed themselves!”

Glebefield Primary School, Tipton







## BHANGRA ACTIVATOR TRAINING

1/2-day interactive workshop with a BBX Bhangra Fitness instructor to train teachers/school staff to facilitate bhangra fitness classes with KS2 and KS3 children.

- Introduction to Bhangra music and alternative options (Bollywood and Garba),
- Teaching and practice of basic Bhangra moves and more progressive options.
- Use of sticks - optional, not mandatory, but the children love it!
- Techniques for toning and conditioning
- Getting whole-class engagement, movement, rhythm, co-ordination, stability and balance

“Bhangra Activator training with Bally was very informative, high energy and incredibly fun! I came away feeling prepared and excited to teach Bhangra in my own setting”

Dovecotes Primary School, Wolverhampton





## BHANGRA ENERGISER PROGRAMME

Access to our library of pre-recorded 30-minute Bhangra fitness classes streamed on-site.

- Just “Press Play” and off you go!
- Requires a Bhangra facilitator or teacher to stream the content in a hall or classroom
- Wonderful way to energise students during PE or as an After-School/Holiday Club!
- No teacher training required – it’s all at your service, whenever you want it and however many times you want it.
- Half-term taster and full year programme options available.

“The children are loving the sessions and are able to follow the instructions and moves. We are currently on Week 5 and I can see a big difference in the children’s stamina. One of our children is regularly absent and when she did the routine today you can see the difference between her and the rest of the class. She was exhausted after 5 minutes and the rest of the class carried on. She made a comment that she didn’t want to miss another lesson - which was lovely! The children are enjoying the music too!”

Teacher/Bhangra Facilitator, Rakegate Primary School, Wolverhampton



## DON'T ASK US; ASK THEM

Here's what our teachers think about our Bhangra Activator Training and what our children in schools, said about the Bhangra PE Sessions?

**4.8/5**

for **QUALITY** of the overall Bhangra Activator Training

The enthusiasm the trainer had and how she motivated and encouraged me. Love the way the sequences were broken down into steps of 4, making it easier to teach and for children to learn.

**5/5**

for the quality of the Bhangra Activator Training **SESSION LEADER!**

**4.9/5**

for the **FITNESS** section within the Bhangra Activator Training

**74%**

of children in KS1 and KS2 said that Bhangra made them feel "Happy!" or "Amazing!"

**70%**

of children in KS3 said "Yes!" to wanting to do Bhangra again!

**96%**

of children in KS1 and KS2 said "Yes!" to wanting to do Bhangra again!

**70%**

of students in KS3 said Bhangra made them feel "Happy!"



## PRICE LIST



PRODUCT	DURATION	PRICE	NOTES
Bhangra For Schools Workshop (For Students)	Half Day	£250*	<ul style="list-style-type: none"> <li>• 30-45min sessions;</li> <li>• 45 persons max per session;</li> </ul>
	Full Day	£375*	<ul style="list-style-type: none"> <li>• 30-45min sessions;</li> <li>• 45 persons max per session</li> </ul>
Bhangra Activator Training (For Teachers)	Half Day	£375*	Max 20 teachers/staff members per session
Bhangra Energiser (For Streaming)	Half-Term**	£199	“Happy Half-Term” taster programme
	12 months	£399	Annual Subscription programme
Bhangra Booster Training (For Teachers)	1.5 Hours	£199	Bhangra Activator refresher training. Max 20 teachers/staff members per session.
Bhangtastic! (For Teachers and Students)	Half-Term**	£445*	Bhangra Activator + Bhangra Energiser
	12 months	£599*	Bhangra Activator + Bhangra Energiser

### NOTES:

\* All on-site training is subject to an additional mileage charge (46p per mile) for all venues further than 25 miles from BBX Fitness Limited offices.

\*\* If a client wishes to upgrade to the annual package after purchasing the half-term package, the previous payment for the half-term package will be deducted from the annual package price. For the avoidance of doubt, a half-term package is equal to 6 weeks.

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## Want to know more?

Call the BBX team on 07939 599475 or  
visit [www.bhangra4schools.com](http://www.bhangra4schools.com)



Active iQ



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