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BBXFIBROCHURE | VI | MAY25

BECOME A BBX BHANGRA FITNESS INSTRUCTOR

YOUR JOURNEY
STARTS HERE!

DO BHANGRA. BE HAPPY. FEEL FREE.



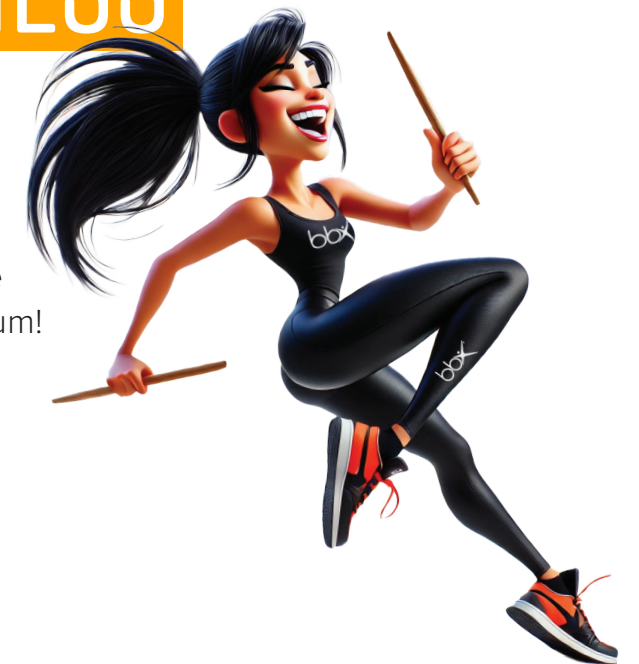


ABOUT BHANGRA

Bhangra is a high-energy, traditional dance from the Punjab region of India! Bhangra Blaze Xpress (BBX) is a dynamic 'feel-fab' fitness movement rooted in the powerful rhythm and beat of Bhangra!

ABOUT BBX FITNESS

BBX Bhangra fitness workouts bring energy, happiness and excitement to communities everywhere! Our group exercise classes are led by passionate instructors and are supported by exciting Bhangra music and the infectious beats from the renowned 'dhol' drum!



LEAD THE BHANGRA FITNESS REVOLUTION!



ALWAYS WANTED TO LEAD A DANCE FITNESS CLASS? THE TIME IS NOW!

Whether you're bored and need a new challenge, or you just love to dance or Bhangra, or you want to add a new dance style to your existing fitness portfolio – BBX Bhangra Fitness is here for you!



MEET TARA!

"I have always been passionate about dancing and wanted to share that passion and motivate people. Bhangra fitness has helped me to feel free, more alert, and energised. It makes me happy and stress-free!"

BBX Instructor, Harborne Pool & Fitness Centre, Birmingham
(Places Leisure Gym)

BBX BHANGRA INSTRUCTOR TRAINING: UNPACKED

10 hours of
online and practical
training

Delivered by
BBX Bhangra
training experts

Learn basic Bhangra
steps and teaching
techniques

Identify the Bhangra
beat and how to
align workout moves

Access class
structures and
teaching videos



Endorsed by
CIMSPA with 10
CPD Points

4.75 STUDENT RATING -
QUALITY OF ONLINE TRAINING

5.0 STUDENT RATING -
QUALITY OF PRACTICAL TRAINING

READY TO MAKE YOUR MARK?

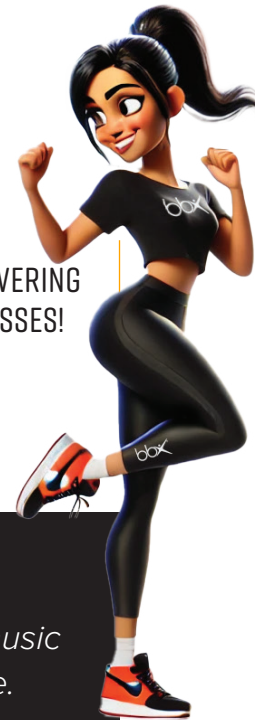
TO START YOUR BHANGRA FITNESS TRAINING JOURNEY WITH BBX...

VISIT OUR WEBSITE
TO GET MORE INFO
ABOUT THE TRAINING

BOOK YOUR
SPACE ON OUR
NEXT COURSE

SIGN THE
INSTRUCTOR LICENCE
AGREEMENT

START DELIVERING
YOUR CLASSES!



MEET LAURIE!

"I love being active and I absolutely love Bhangra music and the moves! As soon as I hear it, I start to bounce. The fitness element helps with releasing endorphins, allowing us to live in the moment of Bhangra each week!"

BBX Instructor, St. Peter's Church Hall, Birmingham

