



BMF Christmas Bash



BMF Christmas Bash. The original and still the best



Christmas comes but once a year at BMF. The Saturday after Black Friday BMF members turned out to take part in our Christmas session. This started with Dominic and Ian splitting the members into their ability groups and taking them out for a good workout BMF style. The members were then split into teams and raced each other in a very festive manner from pull the cracker to dizzy broom.



The session was finished off with complimentary mince pies and mulled wine generously served by Mel.

Every member was given a Christmas present which was a specially commissioned BMF mug.

A lovely morning was had by all trainers and members.

