



BRITISH SCHOOL  
MUSCAT

# BSM GLADIATORS

*Martial Arts and Fitness Community Club*

## SPRING 2020 SCHEDULE

*23 Feb to 28 March 2020 (RO 25 per class below)*

LES MILLS BODYCOMBAT	Sun 6:30 – 7:30pm	Green Sports Hall
ZUMBA FITNESS (LADIES)	Mon 5:30 – 6:30pm	Dance Studio
STRETCH & FLOW	Mon 6:30 – 7:30pm	Dance Studio
Cardio, Resistance, Core (LADIES)	Tue 4:45– 5:45pm	Primary Multi-Purpose Hall
LES MILLS BODYPUMP	Tue 6:30 – 7:30pm	Blue Sports Hall
ZUMBA FITNESS (LADIES)	Wed 5:10 – 6:10pm	Primary Multi-Purpose Hall
FUNCTIONAL BOOTCAMP	Wed 6:15 – 7:15pm	Primary Multi-Purpose Hall
LES MILLS BODYPUMP	Thu 4:30 – 5:30pm	Dance Studio
BODYCOMBAT & MIXED MARTIAL ARTS KIDS (7-17)	Sat 2:15 – 3:45pm <b>(5 wks @ RO35)</b>	Green Sports Hall
LES MILLS BODYPUMP	Sat 4:00 – 5:00pm	Green Sports Hall

Register at **[bsmgladiators.com](http://bsmgladiators.com)**

or email **[bsmgladiators@gmail.com](mailto:bsmgladiators@gmail.com)**

*Contact GSM/WhatsApp 94041247 for any queries.  
Classes open to adults 18+ only unless otherwise specified.  
Terms and conditions apply.*

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## OUR CLASSES FOR SPRING 2020



**BodyCombat** is a martial arts inspired workout with moves from Karate, Kung Fu, Boxing, Taekwondo, Muay Thai, and other disciplines. This high-energy class is totally non-contact with no complex moves to master. Punch and kick your way to fitness; feel like a champion! **Classes for adults 18+ and kids ages 7 to 17.**



**Mixed Martial Arts for Fitness (Kids)** teaches drills and skills from various disciplines such as Karate, Kickboxing, Muay Thai, Boxing, Wushu Sanda, Jujitsu and Judo. This class uses non-combative techniques to build a stronger, more flexible and more agile physique. All levels and abilities welcome with no martial arts knowledge required. **Train with champion and black belt martial artists! Open to kids ages 7 to 17.**



**BodyPump** is a full-body barbell workout that will burn calories, shape and tone your entire body, increase core strength, and improve bone health. This program is based on THE REP EFFECT, a proven formula that exhausts muscles using light weights and performing high repetitions – the secret to developing lean, athletic muscle.



dose of awesome!

**Zumba Fitness** is a mix of low-intensity and high-intensity moves for a calorie-burning dance fitness party set to Latin and World rhythms. Combines all elements of fitness: cardio, muscle conditioning, flexibility, energy and a serious



**CRC (Cardio, Resistance, Core)** blends essential fitness elements into a workout scalable from beginner to athlete. The class has cardio moves to lift the heart rate (inspired by aerobics, dance and martial arts), light-weight exercises to tone the body, and core work for stronger abs and back. Perfect for those who wish to give their body plenty of options for success!



**Functional BootCamp** is high intensity interval training that aims to build real warriors in life. A total body workout with a wide variety of timed exercises enables participants to be more functionally adept and energetic by building muscular strength and endurance as well as cardio fitness.



**Stretch and Flow** is a mobility and restorative class with a motivating blend of sequences inspired by Yoga, Pilates and Barre. This program improves flexibility and balance, increases muscular and core strength, and promotes stress reduction using guided movement, breath and meditation.



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