

# BSM GLADIATORS

Martial Arts and Fitness Community Club



BRITISH SCHOOL  
MUSCAT

## A FIT CELEBRATION!



OMAN  
NATIONAL DAY

*In honor of the Sultanate's 51<sup>st</sup> National Day, we offer the world's most popular group fitness classes for free!*

**Saturday, 13 November 2021**  
**British School Muscat Sports Centre**  
**Doors open 9.45AM**

Registration required at <http://bsmgladiators.com>

Open to adults 18+ with proof of full vaccination

*Spots limited in compliance with British School Muscat's COVID policy – first come, first served!*



### BODYPUMP (10:00 AM)

A full-body barbell workout that will burn calories, shape and tone your entire body, increase core strength, and improve bone health.



### ZUMBA (11:00 AM)

A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party set to Latin and World rhythms.



### BODYBALANCE (11:30 AM)

A blend of New Generation Yoga with Pilates and Tai Chi, set to beautiful, inspiring music; improves flexibility and increases core strength while reducing stress.



*Gifts from SquatWolf Gym Wear await lucky participants! Wear something **red** or **green** to qualify for a raffle entry.*