



BRITISH SCHOOL  
MUSCAT

# BSM GLADIATORS

*Martial Arts and Fitness Community Club*

## AUTUMN 2021 SCHEDULE

*24 October to 8 December 2021*

*RO 30 per class below, for a 6-week training period*

ZUMBA KIDS (5-11y)	Sun 4:30 – 5:30pm	Sky Deck Tent
LES MILLS BODYPUMP	Sun 6 – 7pm	Sky Deck Tent
ZUMBA FITNESS (LADIES)	Mon 4:30 – 5:30pm	Sky Deck Tent
FUNCTIONAL WOD	Mon 6– 7pm	Sky Deck Tent
BODYCOMBAT & MIXED MARTIAL ARTS KIDS (5-11y)	Tue 4:30 – 5:30pm	Sky Deck Tent
LES MILLS BODYCOMBAT	Tue 6 – 7pm	Sky Deck Tent
Cardio, Resistance, Core (LADIES)	Wed 4:30 – 5:30pm	Sky Deck Tent
LES MILLS BODYPUMP	Wed 6 – 7pm	Sky Deck Tent

Register at **[bsmgladiators.com](https://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.*

*All participants 12+ must have received 2 doses of COVID-19 vaccine.*

*Terms and conditions apply.*

*BSM Gladiators adheres strictly to the COVID Policy of the British School Muscat.*

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## OUR CLASSES FOR AUTUMN 2021



**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

dose of awesome! **Classes for adults 18+ and children ages 5-11.**



**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 children ages 5 to 11.**



**Mixed Martial Arts (MMA) for Fitness** 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!* **Classes for children ages 5-11.**



**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 to develop lean, athletic muscle. **Classes for adults 18+**



**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! **Classes for adults 18+**



**Functional WOD** is a total body "workout of the day" with a variety of timed, scalable exercises using principles of interval training. Enables participants of all fitness levels to be more functionally adept & energetic by building muscular strength & endurance as well as cardio fitness. *Our coaches are certified in the functional programming of CrossFit &*

*TRX Suspension!* **Classes for adults 18+**



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