



BRITISH SCHOOL  
MUSCAT

# BSM GLADIATORS

## *Martial Arts and Fitness Community Club*

### SPRING 2022 SCHEDULE

*6 March to 6 April 2022*

*RO 25 per class below, for a 5-week booking period*

LES MILLS BODYPUMP	Sun 6:00 pm	Sky Deck Tent
MIXED MARTIAL ARTS FOR FITNESS: Tigers (5-11 y)	Mon 4:30 pm	Sky Deck Tent
ZUMBA FITNESS (LADIES)	Mon 5:30 pm	Sky Deck Tent
LES MILLS BODYBALANCE (LADIES)	Tue 4:30 pm	Sky Deck Tent
Cardio, Resistance, Core (LADIES)	Wed 4:30 pm	Sky Deck Tent
LES MILLS BODYPUMP	Wed 6:00 pm	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. We adhere strictly to BSM's COVID Policy.*

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## OUR CLASSES FOR SPRING 2022



### **Mixed Martial Arts (MMA) for Fitness**

teaches drills and skills from various disciplines such as Karate, Kickboxing, Muay Thai, Wushu Sanda, Jujitsu and Judo. This class uses non-combative techniques to build a stronger, more flexible and more agile physique. All levels

welcome with no martial arts knowledge required. *Train with champion and black belt martial artists!* **For children ages 5+**



**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 dose of awesome!

**Classes for adults 18+**



**BodyBalance** is a motivating blend of New Generation Yoga with Pilates and Tai Chi, set to beautiful, inspiring music.

This program improves flexibility and increases core strength while reducing stress levels. Controlled breathing and carefully structured stretches and poses create a holistic workout that brings the body to a state of harmony. **Classes for adults 18+**



**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+**

