



BRITISH SCHOOL
MUSCAT

BSM GLADIATORS

Martial Arts and Fitness Community Club

SUMMER 2022 SCHEDULE

24 April to 22 June 2022

RO 40 per class below, for an 8-week booking period

LES MILLS BODYPUMP	Sun 4:30 pm	Sky Deck Tent
TIGER WARRIORS: Foundations of Karate, Jujitsu & Judo (5-8y)	Mon 4:30 pm	Sky Deck Tent
DRAGON WARRIORS: Foundations of Karate, Jujitsu & Judo (9-11y)	Mon 5:30 pm	Sky Deck Tent
LES MILLS BODYBALANCE (LADIES)	Tue 4.30 pm	Sky Deck Tent
PHOENIX WARRIORS: Foundations of Karate, Jujitsu & Judo (12-16y)	Tue 5:30 pm	Sky Deck Tent
ZUMBA FITNESS (LADIES)	Wed 4:30 pm	Sky Deck Tent
LES MILLS BODYPUMP	Wed 6:00 pm	Sky Deck Tent

Register at bsmgladiators.com

or email 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 strictly adhere strictly to BSM's COVID Policy.

BSM GLADIATORS

Martial Arts and Fitness Community Club

bsmgladiators.com



BRITISH SCHOOL
MUSCAT

OUR CLASSES FOR SUMMER TERM 2022



WARRIORS: Foundations of Karate, Jujitsu and Judo

teaches non-contact drills and skills from the disciplines of Shotokan Karate, Judo and Jujitsu as a strong physical and mental foundation for young people. All levels welcome with no martial arts knowledge required. *Train with champion and black belt martial artists!* **For children 5 to 16 years old.**



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 your 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 uses light weights and high repetitions to develop lean, athletic muscle.

Classes for adults 18+

