



BRITISH SCHOOL
MUSCAT

BSM GLADIATORS

Martial Arts and Fitness Community Club

SUMMER 2023 SCHEDULE

*30 April to 21 June 2023
(8 weeks booking period)*

Venue: British School Muscat Sports Centre

LES MILLS BODYPUMP (MIXED)	Sunday 4:30 pm (1 hr)	RO 40 8 sessions
WARRIORS: Judo, Karate & Jujitsu (5-15 y)	Monday 4:30 pm (1.5 hrs)	RO 60 8 sessions
LES MILLS BODYPUMP (MIXED)	Wednesday 4:30 pm (1 hr)	RO 40 8 sessions

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.
Terms and conditions apply.*

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OUR CLASSES FOR SUMMER TERM 2023



WARRIORS:
Judo, Karate & Jujitsu is a comprehensive



course on non-contact drills, skills and techniques from the disciplines of Shotokan Karate, Judo and Jujitsu. Builds a strong physical

and mental foundation for children. All levels welcome with no martial arts knowledge required. *Train with our champion male & female black belts!* **For children 5 to 15 years old.**



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+

