



BRITISH SCHOOL  
MUSCAT

## BSM GLADIATORS

*Martial Arts and Fitness Community Club*

### AUTUMN 2023 SCHEDULE

*3 September to 29 November 2023*  
*Booking Period: 11 sessions of training*

LES MILLS BODYPUMP  
- 18+ mixed  
(RO55)

Sun 4:30 pm  
(1 hr)

Blue Sports Hall

WARRIORS:  
Foundations of Karate,  
Jujitsu & Judo  
- 6-15 yrs mixed  
(RO 90 inclusive of promotion exam)

Mon 4:30 pm  
(1.5 hrs)

Blue Sports Hall

LES MILLS BODYPUMP  
- 18+ mixed  
(RO55)

Wed 4:30 pm  
(1 hr)

Blue Sports Hall

Register at [bsmgladiators.com](http://bsmgladiators.com)

or email [bsmgladiators@gmail.com](mailto:bsmgladiators@gmail.com)

Contact GSM/WhatsApp 94041247 for any queries

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## OUR CLASSES FOR AUTUMN TERM 2023



### **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 6 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+**