



BSM GLADIATORS

Martial Arts and Fitness Community Club

SPRING 2025 SCHEDULE

Starts 5 Jan 2025 & completes March 2025 (10 weeks)

Venue: British School Muscat Sports Centre

FUNCTIONAL WOD (MIXED 18+) Sunday RO 50
4:30 pm (1 hr) 10 sessions

FUNCTIONAL WOD (MIXED 18+) Wednesday RO 50
4:30 pm (1 hr) 10 sessions



Functional WOD is interval training that aims to build real warriors in life using scalable Workouts of the Day for all levels. A wide variety of timed and rep-based exercises enables participants to be more functionally adept and energetic by building muscular strength and endurance as well as cardio fitness. **Open to all adults (18+) of all fitness levels.**



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.*