



BRITISH SCHOOL
MUSCAT

BSM GLADIATORS

Martial Arts and Fitness Community Club

SPRING 2024 SCHEDULE

7 January to 20 March 2024

Booking Period: 10 sessions of training

LES MILLS BODYPUMP
- 18+ mixed
(RO50)

Sun 4:30 pm
(1 hr)

Blue Sports Hall

WARRIORS:
Foundations of Karate,
Jujitsu & Judo
- 6-15 yrs mixed
(RO 80)

Mon 4:30 pm
(1.5 hrs)

Blue Sports Hall

LES MILLS BODYPUMP
- 18+ mixed
(RO50)

Wed 4:30 pm
(1 hr)

Blue Sports Hall

Register at bsmgladiators.com

or email bsmgladiators@gmail.com

Contact GSM/WhatsApp 94041247 for any queries

BSM GLADIATORS

Martial Arts and Fitness Community Club

bsmgladiators.com



BRITISH SCHOOL
MUSCAT

OUR CLASSES FOR SPRING TERM 2024



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+**