



FIRST FIT TRAINING

2021

PROGRAMS

FFT Tennis Programs

Location	Program + Age	Term	Schedule	Level	Price/ session
West Bay Lagoon	Tennis(Age 9-11)	Sep 06-Oct 31	Thursdays 3:00-4:00	Beginner	QR 75
Ain Khaled Gate Boys	Tennis (Age 7-10)	Sep 06-Oct 31	Wed/Sat 6-7 pm	Intermediate	QR 75
Ain Khaled Gate Mix	Tennis (Age 5-7)	Sep 06-Oct 31	Mon 6-7/Wed 7-8	Beginner	QR 75
Messilah Gardens	Tennis (Age 5-6) Residents Only!	Sep 06-Oct 31	Mon/Wed 4:00-5:00	Beginner	QR 75
Messilah Gardens	Tennis (Age 7-9) Residents Only!	Sep 06-Oct 31	Mon/Wed 5:00-6:00	Beg/Inter	QR 75
Qipco	Age 8-12	Sep 06-Oct 31	Tuesday 5-6	Beginner	QR 70
Alwaab	Age 5-6	Sep 06-Oct 31	Saturday 4-5	Beginner	QR 70

FFT Tennis Programs

Location	Program + Age	Term	Schedule	Level	Price/ session
Qipco Compound	Tennis (Age 4-6)	Sep 06-Oct 31	Sun/Tues 4:00-5:00	Beginner	QR 75
Qipco Compound	Tennis (Age 8-11)	Sep 06-Oct 31	Mon/Wed 4:00-5:00	Intermediate	QR 75
Qipco Compound	Tennis (Age 11-14)	Sep 06-Oct 31	Mon/Wed 5:00-6:00	Beginner	QR 75
Qipco Compound	Tennis (Age 6-8)	Sep 06-Oct 31	Tuesdays 5-6	Beginner	QR 75
Qipco Compound	Tennis (Age 4-5)	Sep 06-Oct 31	Monday 4-5	Beginners	QR 70
Qipco Compound	Tennis (Age 6-7)	Sep 06-Oct 31	Thursdays 3-4	Beginner	QR 70
Qipco Compound	Tennis (Age 5-7)	Sep 06-Oct 31	Sunday 5-6	Beginner	QR 70

FFT Football Programs

Location	Program + Age	Term	Schedule	Level	Price/ session
West Bay Lagoon Park 10	Football (Age 6-9)	Sep 06-Oct 31	Saturdays 11:30 – 12:30 pm	Beginner	QR 70
Qipco Residents Only	Football (Age 6-8)	Sep 06-Oct 31	Saturdays 10-11 am	Beginner	QR 70

FFT Taekwondo Schedule

Location	Program + Age	Term	Schedule	Level	Price/ session
Porto Arabia 11-Pearl	Little Ninjas (Age 4-6)	Sep 06-Oct 31	Sun/Tue 4-5	Beginner	QR 75
Porto Arabia 11-Pearl	Junior Taekwondo (Age 7-11)	Sep 06-Oct 31	Sun/Tue 5-6	Intermediate	QR 75

FFT Gymnastics Programs

Location	Program + Age	Term	Schedule	Level	Price
Porto Arabia 11-Pearl	Little Gymnasts	Sep 06-Oct 31	Mon 4 – 5 pm	Beginner	QR75
Porto Arabia 11-Pearl	Junior Gymnasts	Sep 06-Oct 31	Mon 5 – 6 pm	Intermediate	QR75

FFT Kickboxing Programs

Location	Program + Age	Term	Schedule	Level	Price/ session
Qipco Compound	Mix Martial Art (Age 4-8)	Sep 06-Oct 31	Saturday 11:00 – 12:00	Beginner	QR 75
Qipco Compound	Self-Defense Teenage Kickboxing (Age 8-12)	Sep 06-Oct 31	Mon/Wed 4:30-5:30	Intermediate/ Advanced	QR 75