

FIRST FIT TRAINING

2021

Martial Arts PROGRAMS

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 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