

FFT Kickboxing Program 2020

Location	Program + Age	Term	Schedule	Level	Price/ session
Avenue Compound	Junior Kickboxing Mix (Age 7-11)	Sep 06-Oct 31	Tue 6-7	Beginners	QR 75
Avenue Compound	Teenage Kickboxing Mix (Age 13-17)	Sep 06-Oct 31	Sun 6-7/Wed 6:30- 7:30	Intermediate	QR 75
Qipco Compound	Little Ninjas (Age 4- 6)	Sep 06-Oct 31	Mon/Wed 3:00-3:30	Beginners	QR 60
Qipco Compound	Junior Kickboxing (Age 8-12)	Sep 06-Oct 31	Mon/Wed 3:30-4:30	Intermediate	QR 75
Qipco Compound	Self-Defense Teenage Kickboxing (13-17)	Sep 06-Oct 31	Mon/Wed 4:30-5:30	Intermediate/ Advanced	QR 75

FFT Taekwondo Schedule 2020

Location	Program + Age	Term	Schedule	Level	Price/ session
SEK International	ECA – SEK Students Only) Grade 2-5	Sep 06-Oct 31	Tuesdays 12:30-1:30	Intermediate	QR 70
SEK International	ECA – SEK Students Only) Pre 5-Grade 1	Sep 06-Oct 31	Wednesdays 2:30-3:15	Beginner	QR 70
Porto Arabia 11-Pearl	Little Ninjas (Age 4-6)	Sep 06-Oct 31	Sun/Tue 4-5	Beginner	QR 70
Porto Arabia 11-Pearl	Junior Taekwondo (Age 7-11)	Sep 06-Oct 31	Sun/Tue 5-6	Intermediate	QR 70