

FIRST FIT  
TRAINING  
2022 - 2023  
PROGRAMS

# FFT Tennis Programs

Location	Program + Age	Term	Schedule	Level	Price/ session
<b>West Bay Lagoon</b>	Tennis(Age 8-11)	Aug 28 - Oct 29	Monday 4:30-5:30 pm	Beginner	QR 80
<b>Messilah Gardens</b>	Tennis (Age 7-10) Residents Only!	Aug 28 - Oct 29	Sunday 4-5 pm	Beginner	QR 80
<b>Messilah Gardens</b>	Tennis (Age 9-12) Residents Only!	Aug 28 - Oct 29	Tuesday 4-5 pm	Beg/Inter	QR 80
<b>Messilah Gardens</b>	Tennis (Age 5-7) Residents Only!	Aug 28 - Oct 29	Sunday 5-6 pm	Beg/Inter	QR 80
<b>Al Nassem</b>	Tennis (Age 10-14)	Aug 28 - Oct 29	Sunday 6:30-7:30 pm Wednesday 6-7 pm	Beg/Inter	QR 80

# FFT Tennis Programs

Location	Program + Age	Term	Schedule	Level	Price/ session
<b>Qipco Compound</b>	Tennis (Age 7-11) Residents Only!	Aug 28 - Oct 29	Sun 5-6 pm	Beginner	QR 80
<b>Qipco Compound</b>	Age 6-8 Residents Only!	Aug 28 - Oct 29	Sun/Tue 4-5 pm	Beginner	QR 80
<b>Qipco Compound</b>	Age 4-6 Residents Only!	Aug 28 - Oct 29	Mon/Wed 4-5 pm	Beginner	QR 80
<b>Qipco Compound</b>	Age 14-17 Residents Only!	Aug 28 - Oct 29	Sunday 6-7 pm	Beginner	QR 80

# FFT Football Programs

Location	Program + Age	Term	Schedule	Level	Price/ session
West Bay Lagoon Park 10	Football (Age 6-9)	Aug 28 - Oct 29	Sat 9:30 – 10:30 am	Beginner	QR 80

# FFT Taekwondo Schedule

Location	Program + Age	Term	Schedule	Level	Price/ session
Porto Arabia 11-Pearl	Little Ninjas (Age 4-6)	Aug 28 - Oct 29	Sun/Tue 4-5 pm	Beginner	QR 80
Porto Arabia 11-Pearl	Junior Taekwondo (Age 7-11)	Aug 28 - Oct 29	Sun/Tue 5-6 pm	Intermediate	QR 80
AlFardan Garden 1	Taekwondo (Age 7-11)	Aug 28 - Oct 29	Wed 5-6 pm	Beginner	QR 80

# FFT Gymnastics Programs

Location	Program + Age	Term	Schedule	Level	Price
Porto Arabia 11-Pearl	Little Gymnastics	Aug 28 - Oct 29	Sat 2 pm	Beginner	QR 80
Porto Arabia 11-Pearl	Junior Gymnastics	Aug 28 - Oct 29	Sat 2:45 pm	Intermediate	QR 80
Porto Arabia 11-Pearl	Little Gymnastics	Aug 28 - Oct 29	Mon 4 – 5 pm	Beginner	QR 80
Porto Arabia 11-Pearl	Junior Gymnastics	Aug 28 - Oct 29	Mon 5 – 6 pm	Intermediate	QR 80
AlFardan Garden 1	Little Gymnastics	Aug 28 - Oct 29	Saturday 4–5 pm	Beginner	QR 80
AlFardan Garden 1	Junior Gymnastics	Aug 28 - Oct 29	Saturday 5-6 pm	Intermediate	QR 80