

FFT Martial Arts Programs

Location	Program + Age	Term	Schedule	Price/ session
Phoenix Private School	Self-Defense Teenage Kickboxing (Age 13+)	Jan 06 - Mar31	Sun/Tue 5:00-6:00	QR 70
Phoenix Private School	Self defense Kickboxing females only (Age 13-19)	Jan 06 - Mar31	Saturday 4-5 Pm	QR 70
Qipco Compound	Little Ninjas (Basic Martial Arts)(Age 4-6)	Jan 06 - Mar31	Mon/Wed 3:00-3:30	QR 50
Qipco Compound	Junior Kickboxing (Age 8-12)	Jan 06 - Mar31	Mon/Wed 3:30-4:30	QR 70
Qipco Compound	Self-Defense Teenage Kickboxing (13-17)	Jan 06 - Mar31	Mon/Wed 4:30-5:30	QR 70
SEK – ECA (SEK STUDENTS ONLY)	Taekwondo (Age 7-11)	Jan 15 - 19 Mar	Tuesday 12:30-13:30	QR 70

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Qatar Foundation - Club House	Taekwondo (Age 5-7)	Jan 06 –Feb 28	Thu 4-4:30/Sat 10:00-10:30	QR 50
Qatar Foundation - Club House	Taekwondo (Age 8-12)	Jan 06 – Feb 28	Thu 4:30-5:30/Sat 10:30-11:30	QR 70
Qatar Foundation - Club House	Taekwondo (Age 13-17)	Jan 06 – Feb 28	Thu 5:30-6:30 /Sat 11:30-12:30	QR 70
Qatar Foundation (Recreational Center)	Little Ninjas (Age 5-7) Basic of Martial Arts	Jan 06 – Feb 28	Tue 4-4:30/Sat 10-10:30	QR 50
Qatar Foundation (Recreational Center)	Junior Kickboxing (Age 8-12)	Jan 06 – Feb 28	Tue 4:30-5:30/Sat 10:30-11:30	QR 70
Qatar Foundation (Recreational Center)	Self Defense Teenage Kickboxing (Age 13-17)	Jan 06 – Feb 28	Tue 5:30-6:30/Sat 11:30-12:30	QR 70