

# Martial Arts/Self Defence & Fitness Programmes

Basic Course: 1 Month Programme- 8 Hours Session (weekly 2 classes)- Fees Rs 4000.

Advanced Course:3 Months Programme- 24 Hours Session (weekly 2 classes)- Fees Rs 10000

Intermediate Course: 6 Months Programme- 48 Hours Session (weekly 2 classes)- Fees Rs 15000