



FIT & BOX by Coach Ismail Houssaynat

Martial Arts & Fitness Instructor

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Follow us on Instagram: **Fitandbox.lb** & Facebook page **coach ismail houssaynat**

- 28 years of Practicing, since 1994.
- 18 Years and more than 35000+ hours of Coaching Experience, Certified since 2004.
- Certified by Kukkiwon World Taekwondo Federation Headquarters South Korea, International Taekwon-Do Federation Vienna Austria, Lebanese Taekwondo Federation, Lebanese jiu-jitsu Federation Class A, Lebanese Wushu Kung-Fu Federation, Lebanese Thai-Boxing Federation and MMA Academy Lebanon Black Belt 6th Dan.
- **Specialized in Martial Arts, Building Self Confidence and Body Strengthening for Kids.**
- Vice President at MMA Academy Lebanon (2014 - Present).
- President of Black Belts Testing Committee, MMA Academy Lebanon (2007 – 2013).
- Head of Judge at Combat Martial Arts, judge at Lebanese wushu Kung-Fu Federation, and Judge in MMA Combat Martial Arts.
- Manger and Head of Coaches at GEMZ Club
- First Aid (Lebanese Red Cross) and First Aid for Sports Injuries (Lebanese Thai Boxing Federation and Collège Protestant Français).
- Bachelor in Architectural Engineering – Beirut Arab University.

Coaching At:

- Collège Protestant Français, Grand Lycée Franco-Libanais, Saint Mary's Orthodox College, Beirut Annunciation Orthodox College, Ecole des Trois Docteurs, Ecole Zahret El-Ihsan and Sagesse Clemenceau.
- Radisson BLU Martinez Hotel, Beirut Souks Planet Discovery, Al Riyadi Club Beirut, The Fit House, Fit Clique, Cercle Sportif Français, Hoops Club, Etudia, Gifted and Talented, GEMZ Club, Hype n hoop and Fat Fighter.

Private Sessions & Classes at Home or Gym For:

- kids & Adults
- Girls & Boys
- Beginner & Advanced
- From 3 Till 99 Years Old

The Disciplines Provided:

- **Fitness & C.P.C** {Cardio Power Conditioning}
Shape, toning, weight loss, fat burning, coordination balance, stamina, power, energy, strength, conditioning & Stretching.
- **Combat Martial Arts**
Striking & Grappling (Taekwondo, kickboxing, Muay-Thai & kung-fu).
- **M.M.A** {Mixed Martial Arts}
Striking, Grappling & Ground Fighting.
- **Street Tactical Combat** - {Extra fees}.
Self-Defense, Street Fight, Hand to Hand Combat, Striking, Grappling & Ground Fighting.

Beginners & Intermediates Schedule for Private Training Sessions

		Monthly Packages (Inside Beirut)						Sunday Session (one Extra Session)
		1 session per week (4 sessions per month)	2 sessions per week (8 sessions per month)	3 sessions per week (12 sessions per month)	4 sessions per week (16 sessions per month)	5 sessions per week (20 sessions per month)	6 sessions per week (24 sessions per month)	
1 Person	30\$	100\$	180\$	240\$	300\$	Price Upon Request	Price Upon Request	40\$
2 People	50\$	180\$	320\$	445\$	560\$	Price Upon Request	Price Upon Request	60\$
3 People	70\$	250\$	465\$	650\$	830\$	Price Upon Request	Price Upon Request	85\$
4 People	85\$	Price Upon Request	Price Upon Request	Price Upon Request	Price Upon Request	Price Upon Request	Price Upon Request	100\$
5 People	100\$	Price Upon Request	Price Upon Request	Price Upon Request	Price Upon Request	Price Upon Request	Price Upon Request	120\$

➤ You can pay in LBP according to the daily USD rate.

➤ Please be advised that Saving Package provides from 15% till 45% Discount depending on the package you select from 4 sessions till 24 sessions per One Month compare to Single Session.

➤ Package Sessions Expire within One Month and Can't be Postponed.

➤ Please Read Carefully Terms and Conditions Before Choosing Any Package

➤ NB: Beginner and Intermediate students can choose a package from advanced trainings after 6 months or 50 Training Sessions.

➤ Advanced Private Sessions are for Professionals & Fighters with "30% additions on all Prices"

Group Training Sessions (for Birthdays or Events)

6 to 8 people	120\$
9 to 11 people	150\$
12 to 15 people	180\$
16 to 20 people	200\$
21 to 25 people	220\$
26 to 30 people	230\$

Beginners, Intermediates & Advanced Training Session Duration

	3 to 5 years old	6 to 12 years old	13 years old and above
1 Person	35 - 45 minutes	40 - 50 minutes	45 minutes – 1 hour
2 People	40 - 50 minutes	45 minutes – 1 hour	50 minutes - 1.25 hours
3 People	45 minutes – 1 hour	50 minutes - 1.25 hours	1 hour - 1.5 hours
4 to 7 People	1 hour – <i>not available</i>	1 hour – <i>not available</i>	1.25 hours – <i>not available</i>
8 to 10 People	1.25 hours – <i>not available</i>	1.25 hours – <i>not available</i>	1.5 hours – <i>not available</i>
Black color for Beginners and Intermediates - Red Color for Advanced Training session			

Extra charge for Every Session (Outside Beirut)

These charges are based on Time and Fuel costs

Distance	1 to 5 km	6 to 9 km	10 to 20 km	21 to 30 km	31 to 40 km	41 to 50 km
Price	8\$	12\$	17\$	22\$	26\$	30\$

Terms & Conditions

Please **READ CAREFULLY** all the Below Terms!!

- The sessions package is a monthly deal**, unattended sessions won't be kept for the next month, unless of force majeure.
- Each package is for **30 days only** and not according to the number of sessions so all sessions shall be made during these 30 days.
- Payments shall be **in advance**.
- Fees are Non-refundable or changeable**.
- Sessions starts on time and we are not responsible of any delays or lateness it will be deducted from the session period
- If the student didn't want to train during the session, the coach will stop and it well be counted as one session.
- If the coach arrives on time and **the student wasn't at home**, it will be considered as **2 sessions**
- Session will start after **3 mins** of my arrival.
- Cancellation can be made 24 hours before the** appointment and you can postpone any session during the same cycle package.
- The Session will be charged in case of last minute cancellation (within 24 hours)**
- If any guest needs to join a session additional 200,000 L.L is to be paid per person or another session to be deducted from the total.
- If the session stopped for any reason not related to the coach then a **full payment** is to be done.
- Gloves and Tibia Protector are very important for Safety.
- Please make **all payments on time**.
- Please don't subscribe to any package if you are not sure regarding time.
- Each package will end automatically in 30 days or when the last session is completed before that.
- No one is allowed to enter the class while practicing, like brothers – friends – relatives.
- Since each martial arts session is a school by itself and since in a school student shall be alone without their parents **for focusing and self-confidence purposes**, it is recommended that parents shall not be at the session's place in order not to affect the personality, the confidence and the focus of the trainee. Parents must trust the coach and his coaching skills.
- Upon agreeing on the above terms and conditions of the mentioned package, we will ask you to sign a three page coaching agreement.**
- Once we start with the first session, this means that you APPROVE ALL Terms and Conditions.**