

Karate

Karate - Basic

Registration Fee Rs. 500/- (Mandatory)

Styles

Regular Karate Class
5 Days Class - Mon-Fri

Fees

1500/- (Per Month)

3 Months : 3600/-

6 Months : 6000/-

12 Months : 10800/-

Discount Fees

1000/-

2700/-

4800/-

8000/-

Self Defence Class

Only for Girls

1000/- (Per Month)

Street Fight

2000/- (Per Month)

Traditional Martial Art

only for fitness

2000/- (Per Month)

Aikido

Traditional Martial Art

3 days in week

1000/- (Per Month)

Mix Martial Art

5 days in week

2500/- (Per Month)

Regular Yoga & Meditation

5 Days Class - Mon-Fri

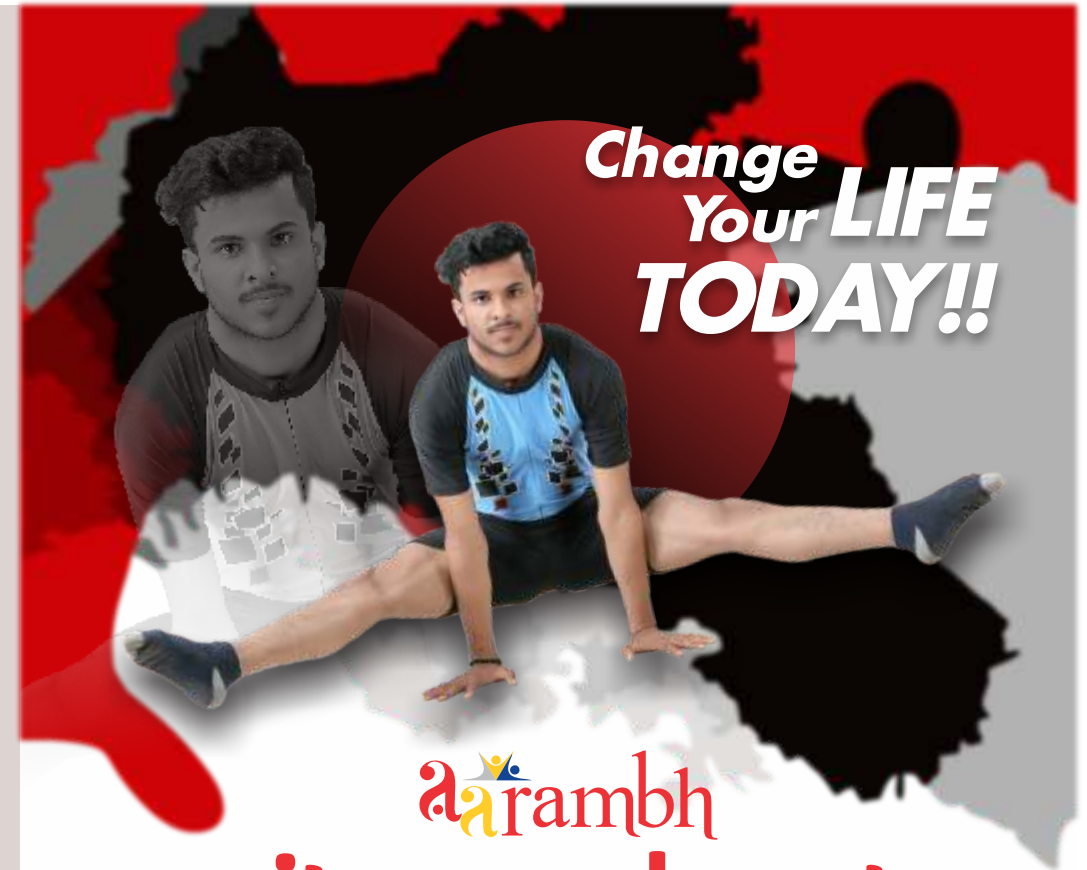
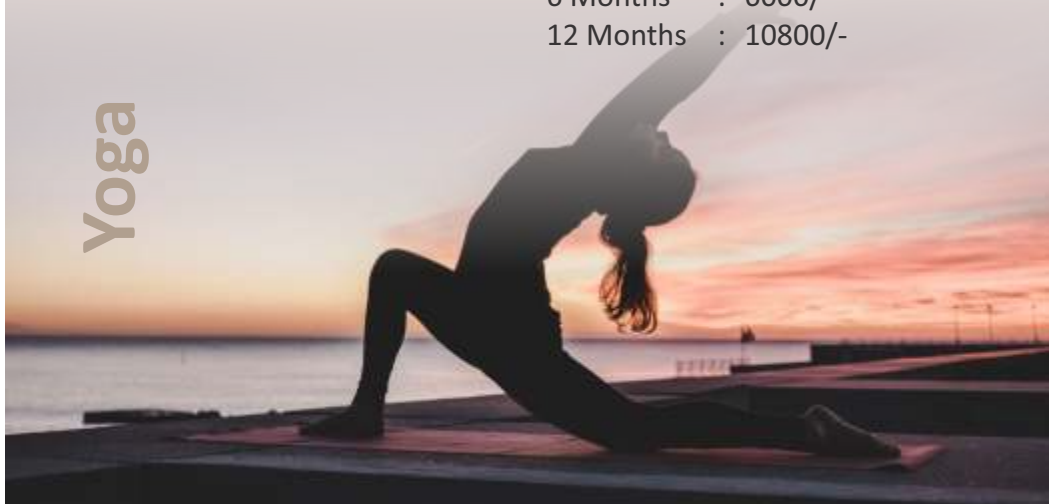
1500/- (Per Month)

3 Months : 3200/-

6 Months : 6000/-

12 Months : 10800/-

Yoga



Change Your LIFE TODAY!!

Aarambh Fitness planet

a complete Health Improving Academy

(Undertaking by Aarambh Sports & Fitness Academy Forum)

KARATE | AIKIDO | DANCE | AEROBICS | GYMNASTIC | SELF DEFENCE

Affiliated to

Varanasi Distt. Gymnastics Association

MEMBER OF : UTTAR PRADESH GYMNASTICS ASSOCIATION
GYMNASTICS FEDERATION OF INDIA (G.F.I.)

Aarambh Academy Of Martial Art

OKINAWA KOSHIKI GOJU RYU KARATE DO SHIRENKAN, INDIA
AIKIDO GO-JU FORUM INDIA



Aashirwad Complex Kerakatpur Lohta, Varanasi

Call us : 9870168075, 9696 970001



Aerobics

Aerobics - Basic

Registration Fee Rs. 500/- (Mandatory)

Average Calorie Burn - 300 K Cal.

Result - Energy Packed, Calorie Burner, Muscles Toning, Boost Stamina

Fee

1 Month	: 2000/-
3 Months	: 6000/-
6 Months	: 12000/-
12 Months	: 24000/-

Discount Fees

1500/-
3600/-
6000/-
10800/-

Aerobics with Zumba

Registration Fee Rs. 500/-

Average Calorie Burn - 500 K Cal.

Result - Energy Packed, Calorie Burner, Muscles Toning, Boost Stamina

Fee

Same as above, But Weight loss fee extra

1-5 kgs	: 500 Per Month
6-8 kgs	: 800 Per Month
9-12 kgs	: 1000 Per Month
13-15 kgs	: 1500 Per Month

Regular
Aerobics Fees

DANCE

Dance- Basic

Registration Fee Rs. 500/- (Mandatory)

Styles

Bollywood Dance

5 Days Class - Mon-Fri
(Dance Information
by Video)

Fees

1500/- (Per Month)
3 Months : 3200/-
6 Months : 6000/-
12 Months : 9600/-

Discount Fees

1000/-
2700/-
4800/-
8000/-

Couple Dance

5 Days Class - Mon-Fri

4000/- (Per Month)

3000/-

Popping

1500/-

1200/-

Contemporary

(Per Month)

Free Style

4 Days Class - Mon-Thu

Bharatnatyam

3 Days Class - Mon-Wed-Fri

2000/-

(Per Month)

1500/-

(Per Month)

Kathak

3 Days Class - Tue-Thu-Sat

Dance Workshop

150/-/-

(Per Head)

(One Month in 2 times)

Different Dance Styles

to be taught

Inter Batch Dance Competition in every month

