

LOSE | GAIN

FOR LADIES ONLY

**January
2022**

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
TITAN ROUNDS (12-16 YRS. OLD)	Z.BEHBEHANI	06:15 PM	30 MIN 3 DAYS 5 WEEKS SAT-MON-WED	75.000 KD	0	Lose Gain Center
ENERGIZE	M.ALJARALLAH	06:00 AM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
ENERGIZE	M.ALJARALLAH	07:00 AM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
REPS&SETS (PRIVATE GROUP)	ANOUD	07:00 AM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
XPRESS 30	ANOUD	08:00 AM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
TARGET	HANAN	09:00 AM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
R.B.M - REVENGE BODY MISSION	DANA	10:30 AM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
TARGET	HANAN	01:00 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
R.B.M - REVENGE BODY MISSION	DANA	02:00 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center

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XPRESS 30	ANOUD	02:10 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
TARGET	HANAN	02:15 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
TARGET	HANAN	03:00 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
R.B.M - REVENGE BODY MISSION	DANA	03:00 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
R.B.M - REVENGE BODY MISSION	DANA	03:50 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
HIIT THE GROUND	SHUMOOS	04:00 PM	30 MIN 3 DAYS 5 WEEKS SUN-TUE-THU (NO CLASSES EID WEEK)	100.000 KD	0	Lose Gain Center
REPS & SETS (ADVANCE)	ANOUD	04:20 PM	45 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
TNT	Z.BEHBEHANI	04:40 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
40/30	SHUMOOS	04:45 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center

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lose gain kids (5-7 YRS OLD)	AMMAR	04:50 PM	30 MIN 3 DAYS 5 WEEKS SUN-TUE-THU (NO CLASSES EID WEEK)	75.000 KD	0	Lose Gain Center
40/30	SHUMOOS	05:30 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
TNT	Z.BEHBEHANI	05:30 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
FIT TEENS (10-15 YRS OLD)	M.ALJARALLAH	06:00 PM	30 MIN 3 DAYS 5 WEEKS SUN-TUE-THU (NO CLASSES EID WEEK)	75.000 KD	0	Lose Gain Center
ENERGIZE	M.ALJARALLAH	06:45 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center