

LOSE | GAIN

FOR LADIES ONLY

**January
2022**

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
TNT (NEW) (PRE-RECORDED)	Z.BEHBEHANI	06:00 AM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	65.000 KD	0	Online Class
TARGET (PRE-RECORDED)	HANAN	06:00 AM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	65.000 KD	0	Online Class
THE BETTER VERSION (BEGINNERS) (PRE-RECORDED)	HANAN	06:00 AM	30-35 MIN 5 DAYS 5 WEEKS SUN-THUR	65.000 KD	0	Online Class
2% (3 DAYS) (PRE-RECORDED)	MARIAM	06:00 AM	30 MIN 3 DAYS 5 WEEKS SUN-TUE-THU (NO CLASSES EID WEEK)	50.000 KD	0	Online Class
2% (5 DAYS) (PRE-RECORDED)	MARIAM	06:00 AM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	65.000 KD	0	Online Class