

LOSE | GAIN

FOR LADIES ONLY

**August
2022**

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
TITAN ROUNDS (9-15 YRS OLD) (3 DAYS)	M.ALJARALLAH	06:00 PM	30 MIN 3 DAYS 4 WEEKS SAT-MON-WED	75.000 KD	0	Lose Gain Center
ENERGIZE	M.ALJARALLAH	06:00 AM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
BURN ROUNDS (3 DAYS)	SHUMOOS	08:15 AM	30-40 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	100.000 KD	0	Lose Gain Center
HIIT THE GROUND	SHUMOOS	09:00 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
HIIT THE GROUND	SHUMOOS	10:00 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
ENERGIZE	M.ALJARALLAH	02:20 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
2%	MARIAM	03:30 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
POWER BODY	Z.BEHBEHANI	04:00 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
2%	MARIAM	04:30 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center

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POWER BODY	Z.BEHBEHANI	04:40 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
40/30	SHUMOOS	04:45 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
BURN ROUNDS	M.ALJARALLAH	05:15 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
POWER BODY	Z.BEHBEHANI	05:30 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
40/30	SHUMOOS	05:30 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
2%	MARIAM	05:30 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
FIT TEENS (9-15 YRS OLD) (3 DAYS)	M.ALJARALLAH	06:00 PM	30 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	75.000 KD	0	Lose Gain Center
TITAN ROUNDS (12-16 YRS. OLD)	Z.BEHBEHANI	06:05 PM	30 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	75.000 KD	0	Lose Gain Center
ENERGIZE	M.ALJARALLAH	06:45 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center

