

LOSE | GAIN

FOR LADIES ONLY

**March
2023**

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
TITANS ROUNDS (9-15 YRS OLD) (3 DAYS)	M.ALJARALLAH	08:15 PM	30 MIN 3 DAYS 4 WEEKS SAT-MON-WED	75.000 KD	0	Lose Gain Center
COREENERGY	HANAN	03:20 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
SWEATZONE	M.ALJARALLAH	03:30 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
WORX (REDRUM EDITION)	ANOUD	03:30 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
180°	SHUMOOS	03:30 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
COREENERGY	HANAN	04:00 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
180°	SHUMOOS	04:10 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
WORX (REDRUM EDITION)	ANOUD	04:15 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
TNT	Z.BEHBEHANI	04:20 PM	30 MIN 5 DAYS 5 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center

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**March
2023**

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
180°	SHUMOOS	04:50 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
WORX	ANOUD	04:55 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
SWEATZONE (REDRUM EDITION)	M.ALJARALLAH	05:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	1	Lose Gain Center
TNT	Z.BEHBEHANI	05:00 PM	30 MIN 5 DAYS 5 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
Y.F.T (9-15 YRS OLD) (3 DAYS)	M.ALJARALLAH	08:15 PM	30 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	75.000 KD	0	Lose Gain Center
SWEATZONE	M.ALJARALLAH	09:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center