LOSE | GAIN

FOR LADIES ONLY

May 2023

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
TITANS 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
SWEATZONE	M.ALJARALLAH	06:00 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
WORX (PRIVATE GROUP)	ANOUD	07:00 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
WORX	ANOUD	08:00 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
CORENERGY	HANAN	09:00 AM	30-40 MIN 5 DAYS 5 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
SWEATZONE	M.ALJARALLAH	10:30 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
CORENERGY	HANAN	01:00 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
CORENERGY	HANAN	02:10 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
WORX (ADVANCE)	ANOUD	02:20 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center

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CORENERGY	HANAN	03:10 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
CORENERGY	HANAN	04:00 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
WORX (REDRUM EDITION)	ANOUD	04:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
180° (REDRUM EDITION)	SHUMOOS	04:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
WORX	ANOUD	04:40 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
180°	SHUMOOS	04:45 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
POWER BODY	Z.BEHBEHANI	04:50 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
SWEATZONE	M.ALJARALLAH	05:15 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
180°	SHUMOOS	05:25 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	05:30 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
TITANS ROUNDS (9-15 YRS OLD) (3 DAYS)	Z.BEHBEHANI	06:10 PM	30 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	75.000 KD	0	Lose Gain Center
Y.F.T (9-15 YRS OLD) (3 DAYS)	M.ALJARALLAH	06:10 PM	30 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	75.000 KD	0	Lose Gain Center
SWEATZONE	M.ALJARALLAH	06:50 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center