

LOSE | GAIN

FOR LADIES ONLY

April  
2024

| Program                        | Coach       | Timing<br>(Kuwait Local Time) | Duration                                      | Price        | Available Slots | Location     |
|--------------------------------|-------------|-------------------------------|-----------------------------------------------|--------------|-----------------|--------------|
| SHE v3 (PRE-RECORDED)          | MARIAM      | 06:00 AM                      | 30 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THUR       | 55.000<br>KD | 0               | Online Class |
| SHE v3 (PRE-RECORDED) (3 DAYS) | MARIAM      | 06:00 AM                      | 30 MIN<br>3 DAYS<br>3 WEEKS<br>SUN-TUE-THU    | 45.000<br>KD | 0               | Online Class |
| EVOLVE (PRE-RECORDED)          | Z.BEHBEHANI | 06:00 AM                      | 30 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THUR       | 55.000<br>KD | 0               | Online Class |
| FIGURE (PRE-RECORDED)          | HANAN       | 06:00 AM                      | 30-40 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THUR    | 55.000<br>KD | 0               | Online Class |
| FIGURE (PRE-RECORDED) (3 DAYS) | HANAN       | 06:00 AM                      | 30-40 MIN<br>3 DAYS<br>3 WEEKS<br>SUN-TUE-THU | 45.000<br>KD | 0               | Online Class |