

LOSE | GAIN

FOR LADIES ONLY

May
2024

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
FIT TEENS (9-15 YRS OLD) (3 DAYS)	DALAL	06:10 PM	30 MIN 3 DAYS 4 WEEKS SAT-MON-WED	75.000 KD	0	Lose Gain Center
THE CHANGE	M.ALJARALLAH	06:00 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
WORX	ANOUD	06:10 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	5	Lose Gain Center
WORX (PRIVATE GROUP)	ANOUD	07:00 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
FIGURE	HANAN	07:20 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	7	Lose Gain Center
WORX	ANOUD	08:00 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	1	Lose Gain Center
FIGURE	HANAN	09:00 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	4	Lose Gain Center
THE CHANGE	M.ALJARALLAH	10:30 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center

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XTREME40	DANA	10:30 AM	40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	11	Lose Gain Center
FIGURE	HANAN	01:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
FIGURE	HANAN	02:15 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
WORX (ADVANCE)	ANOUD	02:20 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	3	Lose Gain Center
EXCEED LIMITS	DALAL	03:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
FIGURE	HANAN	03:10 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
WORX	ANOUD	03:15 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	12	Lose Gain Center
XTREME40	DANA	04:00 PM	40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	3	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

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EXCEED LIMITS	DALAL	04:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	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
EVOLVE	Z.BEHBEHANI	04:50 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
EXCEED LIMITS	DALAL	05:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	3	Lose Gain Center
THE CHANGE (REDRUM)	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
EVOLVE	Z.BEHBEHANI	05:30 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	1	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
TITAN (9-15 YRS OLD) (3 DAYS)	DALAL	06:10 PM	30 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	75.000 KD	2	Lose Gain Center

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XTREME40	DANA	06:15 PM	40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	5	Lose Gain Center
THE CHANGE	M.ALJARALLAH	06:50 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	1	Lose Gain Center