

LOSE | GAIN

MEN

January
2022

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
BUILD N BURN	ABDULAZIZ	06:00 AM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	150.000 KD	0	Lose Gain Center
BUILD N BURN	ABDULAZIZ	03:30 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	150.000 KD	0	Lose Gain Center
EPIC 4	ABDULLAH	03:30 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
THE MYTH	M.ALRUDAINI	03:40 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
EPIC 4	ABDULLAH	04:15 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
CONFUSION II	ABDULAZIZ	04:30 PM	40-50 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
SOS II ACCELERATED	M.ALKANDIRI	04:50 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
lose gain kids (5-7 YRS OLD)	AMMAR	04:50 PM	30 MIN 3 DAYS 5 WEEKS SUN-TUE-THU (NO CLASSES EID WEEK)	75.000 KD	0	Lose Gain Center
TITAN ROUNDS (9-16 YRS OLD)	AMMAR	05:30 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	90.000 KD	0	Lose Gain Center

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THE MYTH	M.AL-ANSARI	05:30 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
SOS II ACCELERATED	M.ALKANDIRI	05:30 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center