

LOSE | GAIN

MEN

January
2022

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
EPIC 4 (LIVE & PRE-RECORDED)	ABDULLAH	04:15 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	65.000 KD	0	Online Class
CONFUSION II (LIVE) (PRE-RECORDED)	ABDULAZIZ	04:30 PM	40-50 MIN 5 DAYS 5 WEEKS SUN-THUR	65.000 KD	0	Online Class
TITAN (PRE-RECORDED)	AMMAR	05:30 PM	30-40 MIN 5 DAYS 5 WEEKS SUN-THUR	40.000 KD	0	Online Class