

LOSE | GAIN

MEN

August
2022

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
BUILD N BURN	ABDULAZIZ	06:00 AM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
HEART RATE ZONE (3 DAYS)	Prof.MOHAMMED ALKATAN	09:00 AM	60 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	110.000 KD	0	Lose Gain Center
P90X2 (ADVANCE)	ABDULLAH	03:30 PM	45-60 MIN 5 DAYS 4 WEEKS SUN-THUR	120.000 KD	0	Lose Gain Center
BUILD N BURN	ABDULAZIZ	03:30 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
EPIC 4	ABDULAZIZ	04:10 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
TITAN (9 -15 YRS OLD)	AMMAR	04:10 PM	30-45 MIN 5 DAYS 4 WEEKS SUN-THU	100.000 KD	0	Lose Gain Center
P90X2 (ADVANCE)	ABDULLAH	04:30 PM	45-60 MIN 5 DAYS 4 WEEKS SUN-THUR	120.000 KD	0	Lose Gain Center
TITAN (9 -15 YRS OLD) (3 DAYS)	AMMAR	05:00 PM	30 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	75.000 KD	0	Lose Gain Center

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2022

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
SET LIFT GO	BADER	05:30 PM	40-50 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
HEART RATE ZONE (3 DAYS)	Prof.MOHAMMED ALKATAN	05:40 PM	60 MIN 3 DAYS 4 WEEKS SUN-TUE- THU	110.000 KD	0	Lose Gain Center