

LOSE | GAIN

MEN

August
2022

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
P90X2 (ADVANCE)	ABDULLAH	04:30 PM	40-60 MIN 5 DAYS 4 WEEKS SUN-TUE- THU	65.000 KD	0	Online Class
EPIC 4 (PRE- RECORDED)	ABDULAZIZ	06:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THUR	65.000 KD	0	Online Class