LOSE | GAIN

MEN

March 2023

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
BURN ROUNDS (RAMADAN EDITION) (SATURDAY)	M.ALRUDAINI	05:00 PM	30 MIN 5 DAYS 4 WEEKS SAT-WED	140.000 KD	0	Lose Gain Center
P90X LIVE (PRIVATE GROUP)	M.ALRUDAINI	03:40 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
BURN ROUNDS (RAMADAN EDITION)	ABDULAZIZ	03:45 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
FULL FORCE (RAMADAN EDITION)	M.ALRUDAINI	04:15 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
BURN ROUNDS (RAMADAN EDITION)	ABDULAZIZ	04:15 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
DOUBLE TROUBLE	ABDULLAH	04:15 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
DOUBLE TROUBLE	ABDULLAH	05:00 PM	30 MIN 5 DAYS 5 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center

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Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
SWEAT DRILLS	ABDULAZIZ	05:00 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
BUILD N BURN	M.ALKANDIRI	08:30 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
S.O.S (RAMADAN EDITION)	M.AL-ANSARI	08:45 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
BUILD N BURN	M.ALKANDIRI	09:15 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
LIIFT4 (REDRUM EDITION)	BADER	10:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	1	Lose Gain Center