LOSE | GAIN

MEN

May 2023

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
BUILD N BURN	ABDULAZIZ	03:30 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
S.O.S ACCELERATED 2.1	ABDULLAH	03:30 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
TOUGH 30	ABDULAZIZ	04:15 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
BURN ROUNDS	M.AL-ANSARI	04:15 PM	30 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
S.O.S ACCELERATED 2.1	ABDULLAH	04:30 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
EPIC 4	M.ALRUDAINI	04:50 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
DESTROYER 2	M.ALKANDIRI	05:10 PM	40-45 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center

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May 2023

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
TITAN ROUNDS (9 -15 YRS OLD) (3 DAYS)	AMMAR	05:30 PM	30 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	75.000 KD	0	Lose Gain Center
BUILD N BURN X	BADER	05:30 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
DESTROYER 2	M.ALKANDIRI	06:00 PM	40-45 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	0	Lose Gain Center
TITANS (9 -15 YRS OLD) (3 DAYS)	AMMAR	06:10 PM	30 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	75.000 KD	0	Lose Gain Center
HEART RATE ZONE (3 DAYS)	Prof.MOHAMMED ALKATAN	06:10 PM	60 MIN 3 DAYS 4 WEEKS SUN-TUE-THU	110.000 KD	0	Lose Gain Center