

| <div>LOSE   GAIN</div> <div>MEN</div> <div>April 2024</div> |             |                               |                                                   |            |                 |                  |
|-------------------------------------------------------------|-------------|-------------------------------|---------------------------------------------------|------------|-----------------|------------------|
| Program                                                     | Coach       | Timing<br>(Kuwait Local Time) | Duration                                          | Price      | Available Slots | Location         |
| THE MYTH                                                    | ABDULAZIZ   | 06:00 AM                      | 30 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THU            | 110.000 KD | 0               | Lose Gain Center |
| THE MYTH                                                    | ABDULAZIZ   | 03:30 PM                      | 30 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THU            | 110.000 KD | 0               | Lose Gain Center |
| M.U.S.T (REDRUM EIDTION)                                    | ABDULLAH    | 03:30 PM                      | 30-40 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THU         | 110.000 KD | 0               | Lose Gain Center |
| M.U.S.T (REDRUM EIDTION)                                    | ABDULLAH    | 04:20 PM                      | 30-40 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THU         | 110.000 KD | 0               | Lose Gain Center |
| S.O.S ACCELERATED                                           | ABDULAZIZ   | 04:20 PM                      | 30 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THU            | 110.000 KD | 0               | Lose Gain Center |
| THE WARRIORS                                                | M.ALHUDAINI | 04:45 PM                      | 30 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THU            | 110.000 KD | 0               | Lose Gain Center |
| FIT TEENS (9 -15 YRS OLD) (3 DAYS)<br>(MANSOUREYA)          | AMMAR       | 05:00 PM                      | 30-40 MIN<br>3 DAYS<br>3 WEEKS<br>SUN-TUE-THU     | 60.000 KD  | 0               | Lose Gain Center |
| FIT TEENS (9 -15 YRS OLD) (4 DAYS)<br>(MANSOUREYA)          | AMMAR       | 05:00 PM                      | 30-40 MIN<br>4 DAYS<br>3 WEEKS<br>SUN-MON-TUE-WED | 75.000 KD  | 0               | Lose Gain Center |
| FIT TEENS (9 -15 YRS OLD) (5 DAYS)<br>(MANSOUREYA)          | AMMAR       | 05:00 PM                      | 30-40 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THU         | 90.000 KD  | 0               | Lose Gain Center |

LOSE | GAIN

MEN

April  
2024

| Program                     | Coach       | Timing<br>(Kuwait<br>Local Time) | Duration                                  | Price         | Available<br>Slots | Location               |
|-----------------------------|-------------|----------------------------------|-------------------------------------------|---------------|--------------------|------------------------|
| EPIC 4                      | M.AL-ANSARI | 05:00 PM                         | 30 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THUR   | 110.000<br>KD | 0                  | Lose<br>Gain<br>Center |
| ADRENALINE (REDRUM EDITION) | M.ALKANDIRI | 05:15 PM                         | 30-40 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THU | 110.000<br>KD | 0                  | Lose<br>Gain<br>Center |
| ADRENALINE (REDRUM EDITION) | M.ALKANDIRI | 06:00 PM                         | 30-40 MIN<br>5 DAYS<br>3 WEEKS<br>SUN-THU | 110.000<br>KD | 0                  | Lose<br>Gain<br>Center |