

LOSE | GAIN

MEN

May
2024

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
THE MYTH (REDRUM EDITION)	ABDULAZIZ	06:00 AM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	6	Lose Gain Center
M.U.S.T III	ABDULLAH	03:30 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
THE MYTH (REDRUM EDITION)	ABDULAZIZ	03:45 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	11	Lose Gain Center
M.U.S.T III	ABDULLAH	04:20 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
S.O.S ACCELERATED	ABDULAZIZ	04:30 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
THE WARRIORS	M.ALRUDAINI	04:45 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	12	Lose Gain Center
FIT TEENS (9 -15 YRS OLD) (3 DAYS) (MANSOUREYA)	AMMAR	05:00 PM	30-40 MIN 3 DAYS 4 WEEKS SUN-TUE- THU	75.000 KD	1	Lose Gain Center
FIT TEENS (9 -15 YRS OLD) (4 DAYS) (MANSOUREYA)	AMMAR	05:00 PM	30-40 MIN 4 DAYS 4 WEEKS SUN-MON- TUE-WED	90.000 KD	9	Lose Gain Center
FIT TEENS (9 -15 YRS OLD) (5 DAYS) (MANSOUREYA)	AMMAR	05:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	105.000 KD	14	Lose Gain Center

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Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
EPIC 4	M.AL-ANSARI	05:10 PM	30 MIN 5 DAYS 4 WEEKS SUN-THUR	140.000 KD	11	Lose Gain Center
ADRENALINE II (REDRUM EDITION)	M.ALKANDIRI	05:20 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	7	Lose Gain Center
ADRENALINE II (REDRUM EDITION)	M.ALKANDIRI	06:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	13	Lose Gain Center
HEART RATE ZONE (3 DAYS)	Prof.MOHAMMED ALKATAN	05:30 PM	60 MIN 3 DAYS 3 WEEKS SUN-TUE- THU	85.000 KD	9	Lose Gain Center