

## LOSE | GAIN

FOR LADIES ONLY

November  
2023

Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
COREENERGY (PRE-RECORDED)	HANAN	06:00 AM	30-40 MIN 5 DAYS 4 WEEKS SUN-THUR	65.000 KD	0	Online Class
COREENERGY (PRE-RECORDED) (3 DAYS)	HANAN	06:00 AM	30-40 MIN 3 DAYS 4 WEEKS SUN-TUE- THU	50.000 KD	0	Online Class
40/30 v.7 (PRE-RECORDED) (3 DAYS)	MARIAM	06:00 AM	30 MIN 3 DAYS 4 WEEKS SUN-TUE- THU	50.000 KD	0	Online Class
40/30 v.7 (PRE-RECORDED)	MARIAM	06:00 AM	30 MIN 5 DAYS 4 WEEKS SUN-THUR	65.000 KD	0	Online Class
POWER BODY (PRE-RECORDED)	Z.BEHBEHANI	06:00 AM	30 MIN 5 DAYS 4 WEEKS SUN-THUR	65.000 KD	0	Online Class