

LOSE | GAIN

MEN

November
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 (REDRUM EDITION)	ABDULLAH	03:30 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
S.O.S (REDRUM EDITION)	ABDULLAH	04:20 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
BUILDN8	ABDULAZIZ	04:20 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
TITAN ROUNDS (9 -15 YRS OLD) (4 DAYS)	AMMAR	04:30 PM	30-40 MIN 4 DAYS 4 WEEKS SUN-MON- TUE-WED	90.000 KD	0	Lose Gain Center
EPIC 4	M.ALHUDAINI	05:10 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
TITAN ROUNDS (9 -15 YRS OLD) (4 DAYS)	AMMAR	05:10 PM	30-40 MIN 4 DAYS 4 WEEKS SUN-MON- TUE-WED	90.000 KD	0	Lose Gain Center

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Program	Coach	Timing (Kuwait Local Time)	Duration	Price	Available Slots	Location
22MHC	M.AL-ANSARI	05:45 PM	25-30 MIN 5 DAYS 4 WEEKS SUN-MON- TUE-WED	140.000 KD	0	Lose Gain Center
EPIC 4	M.ALKANDIRI	05:45 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
BUILDIN4	BADER	06:00 PM	30-40 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center
HEART RATE ZONE (3 DAYS)	Prof.MOHAMMED ALKATAN	06:20 PM	60 MIN 3 DAYS 4 WEEKS SUN-TUE- THU	110.000 KD	0	Lose Gain Center
EPIC 4	M.ALKANDIRI	06:20 PM	30 MIN 5 DAYS 4 WEEKS SUN-THU	140.000 KD	0	Lose Gain Center