



RESISTANCE & CIRCUIT TRAINING CLASSES

We are offering two circuit training classes taught by two different instructors, each bringing their own style.

These classes will increase muscular strength, endurance & endorphins by using dumbbells, bands, kettlebells, and your own bodyweight throughout different stations.



Mohamed Baccouche
Personal Trainer



Afif Kabbani
Personal Trainer

SATURDAYS **3:00PM**
TUESDAYS **3:00PM**

MONDAYS **7:00PM**
WEDNESDAYS **7:00PM**

Who can attend this class?

- ✎ Any fitness level
- ✎ Adults Men & Women

1 Pass	15KD
4 Passes	55KD
6 Passes	75KD
8 Passes	85KD

Reserve your class

95502801

For more information
visit our website

www.fshnkuwait.org



Click here to find us Sabah Al Salem, Block 1, Street 132, Fawsec Campus