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 4th session free. **PRICES ARE VAT INCLUSIVE**

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3 Siblings Fees discount = 15% 4 Siblings = 25%

Tots	
Youth	
Teens	
Adults	
Special	



Day	Venue	Time	Age	Content	Dates	Cost
Sunday 	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Indi, Micheal, Fares	Sun 29 th Aug – 5 th Dec 2021	100/90/80 AED
	DIA Al Barsha	5pm-6pm	10-12	Sports Speed (Speed and Agility to help games players eg: rugby, cricket, netball, tennis) Costa	Sun 29 th Aug – 5 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	High Jump Yu	Sun 29 th Aug – 5 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Indi, Fares, Khalid, Micheal	Sun 29 th Aug – 5 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Hurdles Andy	Sun 29 th Aug – 5 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	13+	Sports Speed (Speed and Agility to help games players eg: rugby, cricket, netball, tennis) Costa	Sun 29 th Aug – 5 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Fares, Indi, Bernard	Sun 29 th Aug – 5 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid, Micheal	Sun 29 th Aug – 5 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump Philippa	Sun 29 th Aug – 5 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Hurdles Andy	Sun 29 th Aug – 5 th Dec 2021	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
 Monday 	Barsha Park	8.15am-9.15am	Adults	Ultimate Mums Run (Interval Running session) Micheal	Mon 30 th Aug – 6 th Dec 2021	750AED 15 WEEKS 70 PAG
	DIA Al Barsha	5pm-6pm	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Indi & Oj	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Micheal, Fares	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Fares, Khalid & Indi	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Long Jump Philippa	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Fares & Indi	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED

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Tues 	DIA Al Barsha	5.30pm-6.30pm	7-12	Multi-events (sprints, middle distance, jumps,throws) Khalid, Indi, Micheal, Fares	Tues 31 st Aug – 7 th Dec 2021	100/90/80 AED
	DIA Al Barsha	5.30pm-6.30pm	10-12	Sports Speed (Speed and Agility to help games players eg: rugby, cricket, netball, tennis) Costa	Tues 31 st Aug – 7 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	Just Run (sprints or middle distance) Fares, Indi, Khalid, Micheal	Tues 31 st Aug – 7 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump Yu	Tues 31 st Aug – 7 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	13+	Sports Speed (Speed and Agility to help games players eg: rugby, cricket, netball, tennis) Costa	Tues 31 st Aug – 7 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6.45pm-7.45pm	Adults	New Balance Run Club Lee Garrett & Philippa	Tues 31 st Aug – 7 th Dec 2021	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance Khalid	Tues 31 st Aug – 7 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump Micheal	Tues 31 st Aug – 7 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump Yu	Tues 31 st Aug – 7 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints Bernard, Fares, Indi	Tues 31 st Aug – 7 th Dec 2021	100/90/80 AED

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Weds 	DIA Al Barsha	5pm-6pm	3-6	Tots Athletics (sprints, middle distance, jumps,throws) <i>Indi, Khalid, Micheal, Fares</i>	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps,throws) <i>Philippa, Micheal, Fares</i>	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) <i>Indi</i>	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (Athletes of Determination) <i>Khalid & Holly</i>	Weds 1 st Sept – 8 th Dec 2021	FREE
	DIA Al Barsha	6pm-7pm	10-12	Strength & Conditioning (power, mobility, strength, core-fitness) <i>Costa</i>	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints <i>Fares & Indi</i>	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance <i>Micheal & Khalid</i>	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) <i>Costa</i>	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED

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Thurs 	DIA Al Barsha	6pm-7pm	13+	Elite Sprints (technical/blocks) <i>Indi</i>	Thurs 2 nd Sept – 9 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	13+	Hurdles (up to 400mH) <i>Fares</i>	Thurs 2 nd Sept – 9 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints & middle distance) <i>Yu</i>	Thurs 2 nd Sept – 9 th Dec 2021	100/90/80 AED
Friday 	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Khalid, Micheal, Yu</i>	Fri 3 rd Sept – 10 th Dec 2021	100/90/80 AED
	DIA Al Barsha	8am-9am	Adults	Ultimate Fitness Bootcamp Style full body workout <i>Costa</i>	Fri 3 rd Sept – 10 th Dec 2021	750AED 15 WEEKS 70 PAG
	DIA Al Barsha	9am-10am	10+	Jumps & Throws <i>Khalid & Micheal</i>	Fri 3 rd Sept – 10 th Dec 2021	100/90/80 AED
	DIA Al Barsha	9am-10am	13+	Sprints <i>Costa</i>	Fri 3 rd Sept – 10 th Dec 2021	100/90/80 AED

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Saturday am 	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Indi, Micheal, Fares	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	8am-9am	Adults	Ultimate Fitness Bootcamp Style full body workout Costa	Sat 4 th Sept – 11 th Dec 2021	750AED 15 WEEKS 70 PAG
	DIA Al Barsha	9am-10am	5-6	Tots Athletics (sprints, middle distance, jumps, throws) Costa	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	9am-10am	10-12	Just Run (sprint or middle distance) Indi & Micheal	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	9am-10am	13+	Sprints Fares	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	9am-10am	13+	Middle Distance Khalid	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED

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Day	Venue	Time	Age	Content	Dates	Cost
Saturday pm 	DIA Al Barsha	5pm-6pm	Tots 3-6	Multi-events (run jump throw) Micheal, Khalid, Indi, Fares	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	5pm-6pm	10-12	Sports Speed (Speed and Agility to help games players eg: rugby, cricket, netball, tennis) Costa	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) Micheal, Khalid, Indi	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) Fares	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	6pm-7pm	13+	Elite Distance Mat & Yu	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Indi	Sat 4 th Sept – 11 th Dec 2021	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	Adults Sprints Fares	Sat 4 th Sept – 11 th Dec 2021	1200 AED 15 WEEKS 80 PAG



Scroll down for Dunecrest American School

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Monday 	Dunecrest American	5.30pm-6.30pm	Tots 4-5	Multi-events (run, jump, throw) Yu	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	Dunecrest American	5.30pm-6.30pm	6-12	Multi-Events (Sprints & middle distance, Jumps, Throws) Lisa, Greg	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Sprints Lisa	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Middle Distance Greg	Mon 30 th Aug – 6 th Dec 2021	100/90/80 AED
Weds 	Dunecrest American	5.30pm-6.30pm	Tots 5-6	Multi-events (run jump throw) Yu	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED
	Dunecrest American	5.30pm-6.30pm	7-12	Multi-Events (Sprints & middle distance, Jumps, Throws) Lisa, Greg	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Sports Speed (Speed and Agility to help games players eg: rugby, cricket, netball, tennis) Greg	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Sprints Lisa	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED
	Dunecrest American	6.30pm-7.30pm	10+	Middle Distance Yu	Weds 1 st Sept – 8 th Dec 2021	100/90/80 AED

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