






Term 1 Abu Dhabi Schedule



Term 1 is 15 weeks. **Fee pro-rata from your joining date.**
 Term fee for 1 x a week = 100 AED x 15 = **1500 AED**
 Term fee 2 x a week = 90 AED x 2 x 15 = **2700 AED**
 Term fee 3 x a week = 80 AED x 3 x 15 = **3600 AED**
 4th session free. **PRICES ARE VAT INCLUSIVE**

Annual Membership (Sept – Sept) = **150AED** includes: Vest & Shorts Kit + membership card with 30% discount on newbalance.co.ae, 30% off Monviso, 20% in Go Sports, 15% in Up and Running physiotherapy and 10% off Kibsons and fadefit
3 Siblings Fees discount = 15% 4 Siblings = 25%

Day	Venue	Time	Age	Content	Dates	Cost
Mondays 	Zayed Sports City	5pm-6pm	7-12	Just Run (sprints, middle-distance) Rilwan, Abdo	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED
	Zayed Sports City	5pm-6pm	7-12	Multi-Events (sprints, middle-distance, jumps, hurdles, throws) Grace, Youssef	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED
	Zayed Sport City	6.15pm- 7.15pm	13+	Sprints or Middle Distance Rilwan Grace, Youssef, Abdo	Mon 29 th August - Mon 5 th December 2022	100/90/80 AED
Tuesdays 	Zayed Sports City	5pm-6pm	7-12	Multi – Events (sprints, middle-distance, jumps, hurdles, throws) Rilwan, Mo, Youssef, Abdo	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	Zayed Sports City	5pm-6pm	4-6	Tots Athletics Grace	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	Zayed Sport City	6.15pm- 7.15pm	13+	Sprints or Middle Distance Rilwan, Abdo, Youssef, Mo	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	Zayed Sport City	6.15pm- 7.15pm	13+	Elite Sprints (invite only) Kim	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
	Zayed Sport City	6.15pm- 7.15pm	13+	Long Jump Grace	Tues 30 th Aug – Tues 6 th Dec 2022	100/90/80 AED
Wednesday 	Zayed Sports City	5pm-6pm	7-12	Multi – Events (sprints, middle-distance, jumps, hurdles, throws) Rilwan, Abdo, Youssef, Mo	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED
	Zayed Sports City	5pm-6pm	4-6	Tots Athletics Grace	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED
	Zayed Sport City	6.15pm- 7.15pm	13+	Sprints or Middle Distance Rilwan, Grace, Mo, Youssef, Abdo	Weds 31st Aug – Wed 7th Dec 2022	100/90/80 AED
	Zayed Sport City	7.30pm – 8.30pm	Adults	New Balance Run Club Fares & Abdo	Weds 31st Aug – Wed 7th Dec 2022	FREE

ALL BOOKINGS MADE ONLINE: [BOOK HERE](#)

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Day	Venue	Time	Age	Content	Dates	Cost
Thurs 	Zayed Sports City	5pm-6pm	7-12	Multi – Events (sprints, middle-distance, jumps, hurdles, throws) Rilwan, Abdo, Youssef, Mo	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	Zayed Sports City	5pm-6pm	4-6	Tots Athletics Grace	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	Zayed Sports City	6.15pm-7.15pm	13+	Sprints or Middle Distance Rilwan, Fares, Youssef, Mo, Abdo	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	Zayed Sports City	6.15pm-7.15pm	13+	Elite Sprints (invite only) Kim	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
	Zayed Sports City	6.15pm-7.15pm	13+	Jumps (Long jump, triple jump) Grace	Thurs 1 st Sept – Thurs 8 th Dec 2022	100/90/80 AED
Friday 	Zayed Sports City	5pm-6pm	7-12	Multi-Events (sprints, middle-distance, jumps, hurdles, throws) Fares & Abdo	Fri 2 nd Sept – Fri 9 th Dec 2022	100/90/80 AED
	Zayed Sports City	5pm-6pm	10+	Just Run (sprints, middle-distance) Rilwan & Youssef	Fri 2 nd Sept – Fri 9 th Dec 2022	100/90/80 AED
Sunday 	Zayed Sports City	8.30am-9.30am	7-12	Multi – Events (sprints, middle-distance, jumps, hurdles, throws) Grace, Abdo	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	Zayed Sports City	8.30am-9.30am	13+	Sprints Rilwan	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	Zayed Sports City	5pm-6pm	4-6	Tots Athletics Grace	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	Zayed Sports City	5pm-6pm	7-12	Multi-Events (sprints, middle-distance, jumps, hurdles, throws) Fares & Abdo	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED
	Zayed Sports City	5pm-6pm	10+	Just Run (sprints, middle-distance) Rilwan, Youssef	Sun 4 th Sept Sun 11 th Dec 2022	100/90/80 AED

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