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[Location](#)

Day	Venue	Time	Age	Content	Dates	Cost
<b>Monday</b> 	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Costa, Micheal, Khalid	Mon 6 <sup>th</sup> Jan – Mon 17 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>High Jump</b> Micheal	Mon 6 <sup>th</sup> Jan – Mon 17 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Lily, Khalid	Mon 6 <sup>th</sup> Jan – Mon 17 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	<b>Sports Speed</b> (Speed and Agility to help games players eg: rugby, football, netball, tennis) Costa	Mon 6 <sup>th</sup> Jan – Mon 17 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sports Speed</b> (Speed and Agility to help games players eg: rugby, football, netball, tennis) Costa	Mon 6 <sup>th</sup> Jan – Mon 17 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Lily, Daniel	Mon 6 <sup>th</sup> Jan – Mon 17 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Khalid	Mon 6 <sup>th</sup> Jan – Mon 17 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>High Jump</b> Michael	Mon 6 <sup>th</sup> Jan – Mon 17 <sup>th</sup> March 2025	100/90/80 AED

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  <b>Tuesday</b>  	Barsha Park	8.15am-9.15am	Adults	<b>Ultimate Mums Run</b> (Interval Running session) Micheal	Tues 7 <sup>th</sup> Jan – Tues 18 <sup>th</sup> March 2025	80AED or 770AED Term
	DIA Al Barsha	5pm-6pm	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) Khalid & Costa	Tues 7 <sup>th</sup> Jan – Tues 18 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Lily, Micheal	Tues 7 <sup>th</sup> Jan – Tues 18 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	<b>Throws</b> (shot, javelin) Micheal	Tues 7 <sup>th</sup> Jan – Tues 18 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Lily, Khalid	Tues 7 <sup>th</sup> Jan – Tues 18 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Long Jump</b> Costa	Tues 7 <sup>th</sup> Jan – Tues 18 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Lily, Omari	Tues 7 <sup>th</sup> Jan – Tues 18 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Micheal & Khalid	Tues 7 <sup>th</sup> Jan – Tues 18 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) Costa	Tues 7 <sup>th</sup> Jan – Tues 18 <sup>th</sup> March 2025	100/90/80 AED

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<b>Wednesday</b> 	DIA Al Barsha	5.30pm-6.30pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Costa, Micheal, Khalid</i>	Wed 8 <sup>th</sup> Jan - Weds 19 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	<b>Just Run</b> (sprints or middle distance) <i>Dan, Micheal</i>	Wed 8 <sup>th</sup> Jan - Weds 19 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	<b>High Jump</b> <i>Yu</i>	Wed 8 <sup>th</sup> Jan - Weds 19 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	<b>Sports Speed</b> (Speed and Agility to help games players e.g. rugby, football, netball) <i>Costa</i>	Wed 8 <sup>th</sup> Jan - Weds 19 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	<b>Hurdles race specs</b> (invitation only) <i>Lisa &amp; Mo</i>	Wed 8 <sup>th</sup> Jan - Weds 19 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6.30pm-7.30pm	Adults	<b>New Balance Run Club</b> <i>Khalid</i>	Wed 8 <sup>th</sup> Jan - Weds 19 <sup>th</sup> March 2025	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Middle Distance</b> <i>Khalid</i>	Wed 8 <sup>th</sup> Jan - Weds 19 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Long Jump</b> <i>Micheal</i>	Wed 8 <sup>th</sup> Jan - Weds 19 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>High Jump</b> <i>Yu</i>	Wed 8 <sup>th</sup> Jan - Weds 19 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Sprints</b> <i>Dan</i>	Wed 8 <sup>th</sup> Jan - Weds 19 <sup>th</sup> March 2025	100/90/80 AED

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<b>Thursday</b> 	DIA Al Barsha	5pm-6pm	3-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <i>Khalid, Lily, Micheal, Costa</i>	Thurs 9 <sup>th</sup> Jan – Thurs 20 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Khalid &amp; Micheal</i>	Thurs 9 <sup>th</sup> Jan – Thurs 20 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (middle distance) <i>Lily</i>	Thurs 9 <sup>th</sup> Jan – Thurs 20 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-19	<b>Heroes of Hope</b> (Athletes of Determination) <i>Holly</i>	Thurs 9 <sup>th</sup> Jan – Thurs 20 <sup>th</sup> March 2025	FREE
	DIA Al Barsha	6pm-7pm	10-12	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <i>Costa</i>	Thurs 9 <sup>th</sup> Jan – Thurs 20 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> <i>Lily, Omari</i>	Thurs 9 <sup>th</sup> Jan – Thurs 20 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> <i>Micheal &amp; Khalid</i>	Thurs 9 <sup>th</sup> Jan – Thurs 20 <sup>th</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <i>Costa</i>	Thurs 9 <sup>th</sup> Jan – Thurs 20 <sup>th</sup> March 2025	100/90/80 AED

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<b>Saturday</b> <b>am</b> 	DIA Al Barsha	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Khalid & Micheal	Sat 11 <sup>th</sup> Jan – Sun 22 <sup>nd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	8.30am-10am	13+	<b>Elite Sprints Squad</b> Omari invite only	Sat 11 <sup>th</sup> Jan – Sun 22 <sup>nd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	<b>Sprints</b> Costa	Sat 11 <sup>th</sup> Jan – Sun 22 <sup>nd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	9am-10am	10+	<b>Long Jump &amp; Throws</b> Khalid & Micheal	Sat 11 <sup>th</sup> Jan – Sun 22 <sup>nd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	9am-10am	13+ Adults	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) Costa	Sat 11 <sup>th</sup> Jan – Sun 22 <sup>nd</sup> March 2025	100/90/80 AED

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<b>Sunday</b> <b>am</b> 	DIA Al Barsha	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Khalid, Micheal	Sun 12 <sup>th</sup> Jan – Sun 23 <sup>rd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	8am-9am	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) Costa & Fadi	Sun 12 <sup>th</sup> Jan – Sun 23 <sup>rd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	8am-9am	10+	<b>Sprints</b> Lily	Sun 12 <sup>th</sup> Jan – Sun 23 <sup>rd</sup> March 2025	100/90/80 AED
<b>Sunday</b> <b>pm</b> 	DIA Al Barsha	5pm-6pm	Tots 3-6	<b>Multi-events</b> (run jump throw) Khalid, Micheal	Sun 12 <sup>th</sup> Jan – Sun 23 <sup>rd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Costa & Fadi	Sun 12 <sup>th</sup> Jan – Sun 23 <sup>rd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	7-12	<b>Just Run</b> (middle distance) Micheal	Sun 12 <sup>th</sup> Jan – Sun 23 <sup>rd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints) Costa & Fadi	Sun 12 <sup>th</sup> Jan – Sun 23 <sup>rd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	6pm-7pm	10+	<b>Elite Distance</b> Khalid	Sun 12 <sup>th</sup> Jan – Sun 23 <sup>rd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Micheal	Sun 12 <sup>th</sup> Jan – Sun 23 <sup>rd</sup> March 2025	100/90/80 AED
	DIA Al Barsha	7pm-8pm	Adults	<b>Sprints</b> Khalid	Sun 12 <sup>th</sup> Jan – Sun 23 <sup>rd</sup> March 2025	100AED or 880AED term

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