

Term 3 is 16 weeks. **Fee pro-rata from your joining date.**

Term fee for 1 x a week = 100 AED x 16 = **1680 AED VAT INCLUSIVE**

Term fee 2 x a week = 90 AED x 2 x 16 = **3024 AED VAT INCLUSIVE**

Term fee 3 x a week = 80 AED x 3 x 16 = **4032 AED VAT INCLUSIVE**

**4<sup>th</sup> session is free.**


**3 siblings 15% and 4 siblings 25% discount**

**New Joiners Kit = 105AED** includes: Vest & Shorts Kit

Membership card with 25% Discount in NB Stores, 30% off Monviso, 15% in Up and Running,



[Location](#)

Day	Venue	Time	Age	Content	Dates	Cost
<b>Monday</b> 	Dubai Sports City	5pm-6pm	Tots 4-6	<b>Multi-events</b> (run, jump, throw) Luke	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	Dubai Sports City	6pm-7pm	7-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, throws) Luke & Warrick	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	Dubai Sports City	6pm-7pm	10+	<b>Sports Conditioning</b> (Sports speed, agility & strength & conditioning) Lawrence	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	Dubai Sports City	7pm-8pm	13+	<b>Sprints or Middle Distance</b> Luke & Lawrence	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	Dubai Sports City	7pm-8pm	13+	<b>Hurdles</b> Andy	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED
	Dubai Sports City	7pm-8pm	13+	<b>Multi-Events</b> (high jump, long jump) Warrick	Mon 25 <sup>th</sup> Aug- Mon 8th Dec	100/90/80 AED

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<b>Tuesday</b>  	Dubai Sports City	5pm-6pm	Tots 4-6	<b>Multi-events</b> (run jump throw) <b>Luke</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	Dubai Sports City	6pm-7pm	7-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, throws) <b>Luke</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	Dubai Sports City	6pm-7pm	10+	<b>Sports Conditioning</b> (Sports speed, agility & strength & conditioning) <b>Lawrence</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	Dubai Sports City	7pm-8pm	13+	<b>Sprints or Middle Distance</b> <b>Luke &amp; Salim</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
	Dubai Sports City	7pm-8pm	13+	<b>Sports Conditioning</b> (Sports speed, agility & Strength & Conditioning) <b>Lawrence</b>	Tues 26 <sup>th</sup> Aug – Tues 8 <sup>th</sup> Dec	100/90/80 AED
<b>Wednesday</b>  	Dubai Sports City	5pm-6pm	Tots 4-6	<b>Multi-events</b> (run jump throw) <b>Luke</b>	Wed 27 <sup>th</sup> Aug - Wed 9 <sup>th</sup> Dec	100/90/80 AED
	Dubai Sports City	6pm-7pm	7-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, throws) <b>Luke &amp; Warrick</b>	Wed 27 <sup>th</sup> Aug - Wed 9 <sup>th</sup> Dec	100/90/80 AED
	Dubai Sports City	6pm-7pm	10+	<b>Sports Conditioning</b> (Sports speed, agility & strength & conditioning) <b>Lawrence</b>	Wed 27 <sup>th</sup> Aug - Wed 9 <sup>th</sup> Dec	100/90/80 AED
	Dubai Sports City	7pm-8pm	13+	<b>Sprints or Middle Distance</b> <b>Luke &amp; Greg</b>	Wed 27 <sup>th</sup> Aug - Wed 9 <sup>th</sup> Dec	100/90/80 AED
	Dubai Sports City	7pm-8pm	13+	<b>Multi-Events</b> (high jump, long jump, hurdles) <b>Warrick</b>	Wed 27 <sup>th</sup> Aug - Wed 9 <sup>th</sup> Dec	100/90/80 AED

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<b>Thursday</b> 	Dubai Sports City	5pm-6pm	Tots 4-6	<b>Multi-events</b> (run, jump, throw) Luke	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
	Dubai Sports City	6pm-7pm	7-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, throws) Luke	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
	Dubai Sports City	6pm-7pm	10+	<b>Sports Conditioning</b> (Sports speed, agility & strength & conditioning) Lawrence	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
	Dubai Sports City	7pm-8pm	13+	<b>Sprints or Middle Distance</b> Luke & Salim	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
	Dubai Sports City	7pm-8pm	13+	<b>Sports Conditioning</b> (Sports speed, agility & Strength & Conditioning) Lawrence	Thurs Aug 28 <sup>th</sup> -Thurs Dec 10 <sup>th</sup>	100/90/80 AED
<b>Friday</b> 	Dubai Sports City	5pm-6pm	7-12	<b>Multi-events</b> (run jump throw) Luke	Fri Aug 29 <sup>th</sup> – Fri Dec 11th	100/90/80 AED
	Dubai Sports City	6pm-7pm	13+	<b>Sprints</b> Luke	Fri Aug 29 <sup>th</sup> – Fri Dec 11th	100/90/80 AED

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<b>Sunday</b> 	Dubai Sports City	8am-9am	Tots 4-6	<b>Multi-events</b> (run jump throw) Luke	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	Dubai Sports City	8am-9am	7-12	<b>Multi-Events</b> (run, jump, throw) Warrick	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	Dubai Sports City	8.30am-10am	10+	<b>Sprint Squad Elite</b> (Invitation only) Luke & Lawrence	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED
	Dubai Sports City	9am-10am	13+	<b>Multi-Events</b> (Long Jump, High Jump, Hurdles) Warrick	Sun Aug 31 <sup>st</sup> - Sun Dec 14 <sup>th</sup>	100/90/80 AED

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