

Term 1 is 16 weeks. **Fee pro-rata from your joining date.**

Term fee for 1 x a week = 110 AED x 16 = **1848 AED VAT INCLUSIVE**

Term fee 2 x a week = 100 AED x 2 x 16 = **3360 AED VAT INCLUSIVE**

Term fee 3 x a week = 90 AED x 3 x 16 = **4536 AED VAT INCLUSIVE**

4th session is free.

3 siblings 15% and 4 siblings 25% discount


Tots	
Youth	
Teens	
Adults	
Special	

New Joiners Kit = 120 AED 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
Monday 	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa, Micheal, Khalid, Luviwe	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	High Jump Micheal	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Luviwe, Khalid	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-12	Sports Speed (Speed and Agility to help games players eg: rugby, football, netball, tennis) Costa	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Sports Speed (Speed and Agility to help games players eg: rugby, football, netball, tennis) Costa	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Luviwe, Daniel	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Khalid	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	High Jump Michael	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED

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Tuesday  	Barsha Park	8.15am-9.15am	Adults	Ultimate Mums Run (Interval Running session) Micheal	Tues 26 th Aug – Tues 8 th Dec	80AED or 1120 AED Term
	DIA Al Barsha	5pm-6pm	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Khalid & Costa	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Luviwe, Micheal	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10+	Throws (shot, javelin) Micheal	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints or middle distance) Luviwe, Khalid	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Long Jump Costa	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Luviwe	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Triple Jump / Long Jump Fadi	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED

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Wednesday 	DIA Al Barsha	5.30pm-6.30pm	7-12	Multi-events (sprints, middle distance, jumps, throws) <i>Costa, Micheal, Khalid, Luviwe</i>	Wed 27 th Aug -Wed 9 th Dec	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	Just Run (sprints or middle distance) <i>Luviwe, Micheal</i>	Wed 27 th Aug -Wed 9 th Dec	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	High Jump <i>Yu</i>	Wed 27 th Aug -Wed 9 th Dec	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	Sports Speed (Speed and Agility to help games players e.g. rugby, football, netball) <i>Costa</i>	Wed 27 th Aug -Wed 9 th Dec	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	Hurdles race specs (invitation only) <i>Lisa & Mo</i>	Wed 27 th Aug -Wed 9 th Dec	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	Adults	New Balance Run Club <i>Khalid</i>	Wed 27 th Aug -Wed 9 th Dec	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	Middle Distance <i>Khalid</i>	Wed 27 th Aug -Wed 9 th Dec	110/100/90 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Long Jump <i>Micheal</i>	Wed 27 th Aug -Wed 9 th Dec	110/100/90 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	High Jump <i>Yu</i>	Wed 27 th Aug -Wed 9 th Dec	110/100/90 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	Sprints <i>Luviwe</i>	Wed 27 th Aug -Wed 9 th Dec	110/100/90 AED

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Thursday 	DIA Al Barsha	5pm-6pm	3-6	Tots Athletics (sprints, middle distance, jumps, throws) Khalid, Luviwe, Costa	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Micheal	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Luviwe & Micheal	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (middle distance) Khalid	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-19	Heroes of Hope (Athletes of Determination) Holly	Thurs Aug 28 th -Thurs Dec 10 th	FREE
	DIA Al Barsha	6pm-7pm	10-12	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Sprints Luviwe	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal & Khalid	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED

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Saturday am 	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa & Micheal	Sat Aug 30th - Sat Dec 13 th	110/100/90 AED
	DIA Al Barsha	8am-9am	10+	Sprints Luwiwe	Sat Aug 30th - Sat Dec 13 th	110/100/90 AED
	DIA Al Barsha	9am-10am	10+	Long Jump & Throws Luwiwe & Micheal	Sat Aug 30th - Sat Dec 13 th	110/100/90 AED
	DIA Al Barsha	9am-10am	13+ Adults	Strength & Conditioning (power, mobility, strength, core-fitness) Costa	Sat Aug 30th - Sat Dec 13 th	110/100/90 AED

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Sunday am 	DIA Al Barsha	8am-9am	7-12	Multi-events (sprints, middle distance, jumps, throws) Khalid, Micheal	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	DIA Al Barsha	8am-9am	4-6	Tots Athletics (sprints, middle distance, jumps, throws) Costa	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	DIA Al Barsha	8am- 9.30am	13+	Elite Teen Sprints (invite only) Luviwe	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
Sunday pm 	DIA Al Barsha	5pm-6pm	Tots 3-6	Multi-events (run jump throw) Khalid, Micheal	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	Multi-events (sprints, middle distance, jumps, throws) Costa & Luviwe	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-12	Just Run (middle distance) Micheal	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Just Run (sprints) Costa	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	Elite Youth Sprints (invite only) Luviwe	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	Middle Distance Micheal	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	DIA Al Barsha	7pm-8pm	Adults	Sprints or Middle Distance Luviwe & Khalid	Sun Aug 31 st - Sun Dec 14 th	100AED or 1280AED term

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