

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

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 	Dubai Sports City	6.30pm-7.30pm	7-12	Multi-Events (Sprints & middle distance, Jumps, throws) <i>Luke & Warrick</i>	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	Sports Conditioning (Sports speed, agility & strength & conditioning) <i>Lawrence</i>	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sprints or Middle Distance <i>Luke & Lawrence</i>	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Hurdles <i>Andy</i>	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Multi-Events (high jump) <i>Warrick</i>	Mon 25 th Aug- Mon 8th Dec	110/100/90 AED

ALL BOOKINGS ONLINE: [BOOK A SESSION](#)

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Tuesday 	Dubai Sports City	6.30pm-7.30pm	7-12	Multi-Events (Sprints & middle distance, Jumps, throws) Luke	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	Sports Conditioning (Sports speed, agility & strength & conditioning) Lawrence	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sprints or Middle Distance Luke & Salim	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sports Conditioning (Sports speed, agility & Strength & Conditioning) Lawrence	Tues 26 th Aug – Tues 8 th Dec	110/100/90 AED
Wednesday 	Dubai Sports City	6.30pm-7.30pm	7-12	Multi-Events (Sprints & middle distance, Jumps, throws) Luke & Warrick	Wed 27 th Aug - Wed 9 th Dec	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	Sports Conditioning (Sports speed, agility & strength & conditioning) Lawrence	Wed 27 th Aug - Wed 9 th Dec	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sprints or Middle Distance Luke & Greg	Wed 27 th Aug - Wed 9 th Dec	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Multi-Events (high jump, long jump, hurdles) Warrick	Wed 27 th Aug - Wed 9 th Dec	110/100/90 AED

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Thursday 	Dubai Sports City	6.30pm-7.30pm	7-12	Multi-Events (Sprints & middle distance, Jumps, throws) <i>Luke</i>	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	Sports Conditioning (Sports speed, agility & strength & conditioning) <i>Lawrence</i>	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sprints or Middle Distance <i>Luke & Salim</i>	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sports Conditioning (Sports speed, agility & Strength & Conditioning) <i>Lawrence</i>	Thurs Aug 28 th -Thurs Dec 10 th	110/100/90 AED
Friday 	Dubai Sports City	6.30pm-7.30pm	7-12	Multi-events (run jump throw) <i>Luke</i>	Fri Aug 29 th – Fri Dec 11 th	110/100/90 AED

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Sunday 	Dubai Sports City	8am-9am	Tots 4-6	Multi-events (run jump throw) Luke & Joud	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	Dubai Sports City	8am-9am	7-12	Multi-Events (run, jump, throw) Warrick	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	Dubai Sports City	8.30am-10am	10+	Sprint Squad Elite (Invitation only) Luke & Lawrence	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED
	Dubai Sports City	9am-10am	13+	Multi-Events (Long Jump, High Jump, Hurdles) Warrick	Sun Aug 31 st - Sun Dec 14 th	110/100/90 AED

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