

Term 2 is 10 weeks. **Fee pro-rata from your joining date.**

Term fee for 1 x a week = 110 AED x 10 = **1155 AED VAT INCLUSIVE**

Term fee 2 x a week = 100 AED x 2 x 10 = **2100 AED VAT INCLUSIVE**

Term fee 3 x a week = 90 AED x 3 x 10 = **2835 AED VAT INCLUSIVE**

**4<sup>th</sup> 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 and more!



[Location](#)

Day	Venue	Time	Age	Content	Dates	Cost
<b>Monday</b> 	Dubai Sports City	6.30pm-7.30pm	7-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, throws) Luke & Warrick	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	7-12	<b>Just Run</b> (Speed Endurance for sprinters & middle distance runners) Joud	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	<b>Sports Conditioning</b> (Sports speed, agility & strength & conditioning) Lawrence	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	<b>Sprints or Middle Distance</b> Luke, Joud & Lawrence	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	7pm-8.15pm	13+	<b>Hurdles</b> Andy	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	<b>High Jump</b> Warrick	Mon 5 <sup>th</sup> Jan- Mon 9 <sup>th</sup> March 2026	110/100/90 AED

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<b>Tuesday</b>  	Dubai Sports City	6.30pm-7.30pm	7-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, throws) <i>Luke &amp; Warrick</i>	Tues 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	<b>Sports Conditioning</b> (Sports speed, agility & strength & conditioning) <i>Lawrence</i>	Tues 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	<b>Sprints or Middle Distance</b> <i>Luke, Warrick &amp; Salim</i>	Tues 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	<b>Sports Conditioning</b> (Sports speed, agility & Strength & Conditioning) <i>Lawrence</i>	Tues 6 <sup>th</sup> Jan- Tues 10 <sup>th</sup> March 2026	110/100/90 AED
<b>Wednesday</b>  	Dubai Sports City	6.30pm-7.30pm	7-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, throws) <i>Luke &amp; Warrick</i>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	<b>Sports Conditioning</b> (Sports speed, agility & strength & conditioning) <i>Lawrence</i>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	7-12	<b>Just Run</b> (Speed Endurance for sprinters & middle distance runners) <i>Joud</i>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	<b>Sprints or Middle Distance</b> <i>Luke &amp; Lawrence</i>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March 2026	110/100/90 AED

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<b>Thursday</b> 	Dubai Sports City	7.30pm-8.30pm	13+	<b>Multi-Events</b> (high jump, long jump) <i>Warrick</i>	Wed 7 <sup>th</sup> Jan- Wed 11 <sup>th</sup> March	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	7-12	<b>Multi-Events</b> (Sprints & middle distance, Jumps, throws) <i>Luke &amp; Warrick</i>	Thurs 8 <sup>th</sup> Jan- Thurs 12 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	7-12	<b>Just Run</b> (Speed Endurance for sprinters & middle distance runners) <i>Joud</i>	Thurs 8 <sup>th</sup> Jan- Thurs 12 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	<b>Sports Conditioning</b> (Sports speed, agility & strength & conditioning) <i>Lawrence</i>	Thurs 8 <sup>th</sup> Jan- Thurs 12 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	<b>Sprints or Middle Distance</b> <i>Luke &amp; Warrick, Salim</i>	Thurs 8 <sup>th</sup> Jan- Thurs 12 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	<b>Sports Conditioning</b> (Sports speed, agility & Strength & Conditioning) <i>Lawrence</i>	Thurs 8 <sup>th</sup> Jan- Thurs 12 <sup>th</sup> March 2026	110/100/90 AED
<b>Friday</b> 	Dubai Sports City	6.30pm-7.30pm	7-12	<b>Multi-events</b> (run jump throw) <i>Luke &amp; Warrick</i>	Fri 9 <sup>th</sup> Jan- Fri 13 <sup>th</sup> March 2026	110/100/90 AED

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Day	Venue	Time	Age	Event	Dates	Cost
<b>Sunday</b> 	Dubai Sports City	8am-9am	Tots 4-6	<b>Multi-events</b> (run jump throw) Luke & Mo	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	8am-9am	7-12	<b>Multi-Events</b> (run, jump, throw) Warrick	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	8.30am-10am	10+	<b>Sprint Squad Elite</b> (Invitation only) Luke & Lawrence	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED
	Dubai Sports City	9am-10am	13+	<b>Multi-Events</b> (Long Jump, High Jump) Warrick	Sun 11 <sup>th</sup> Jan- Sun 15 <sup>th</sup> March 2026	110/100/90 AED

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