

Term 3 is 13 weeks. **Fee pro-rata from your joining date.**

Term fee for 1 x a week = 110 AED x 13 = **1501.5 AED VAT INCLUSIVE**

Term fee 2 x a week = 100 AED x 2 x 13 = **2730 AED VAT INCLUSIVE**

Term fee 3 x a week = 90 AED x 3 x 13 = **3685.5 AED VAT INCLUSIVE**


4th session 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) Luke & Warrick & Micheal	Mon 23rd March-Mon 15 th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	7-12	Just Run (Sprint or Middle Distance) Luviwe & Joud & Khalid	Mon 23rd March-Mon 15 th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	Sports Conditioning (Sports speed, agility & strength & conditioning) Lawrence & Mo	Mon 23rd March-Mon 15 th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sprints or Middle Distance Luke & Luviwe, Khalid, Micheal & Lawrence	Mon 23rd March-Mon 15 th June 2026	110/100/90 AED
	Dubai Sports City	7pm-8.15pm	13+	Hurdles Andy & Mo	Mon 23rd March-Mon 15 th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	High Jump Warrick	Mon 23rd March-Mon 15 th June 2026	110/100/90 AED

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Tuesday 	Dubai Sports City	6.30pm-7.30pm	7-12	Multi-Events (Sprints, middle distance, Jumps, throws) Luke & Warrick & Mo	Tues 24 th March- Tues 16 th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	Sports Conditioning (Sports speed, agility & strength & conditioning) Lawrence	Tues 24 th March- Tues 16 th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	Just Run (Sprint or Middle Distance) Luviwe & Khalid	Tues 24 th March- Tues 16 th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	Throws (Shot /Javelin technique & strength) Micheal	Tues 24 th March- Tues 16 th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sprints or Middle Distance Luke, Luviwe & Warrick & Salim & Khalid & Micheal	Tues 24 th March- Tues 16 th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sports Conditioning (Sports speed, agility, Strength & Conditioning) Lawrence & Mo	Tues 24 th March- Tues 16 th June 2026	110/100/90 AED
Wednesday 	Dubai Sports City	6.30pm-7.30pm	7-12	Multi-Events (Sprints, middle distance, Jumps, throws) Luke & Warrick & Khalid	Wed 25 th March- Wed 17 th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	Sports Conditioning (Sports speed, agility & strength & conditioning) Lawrence	Wed 25 th March- Wed 17 th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	7-12	Just Run (Sprint or Middle Distance) Luviwe & Joud & Micheal	Wed 25 th March- Wed 17 th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	13+	Hurdles Mo	Wed 25 th March- Wed 17 th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sprints or Middle Distance Luke & Luviwe & Lawrence & Khalid	Wed 25 th March- Wed 17 th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Multi-Events (high jump, long jump) Warrick & Micheal	Wed 25 th March- Wed 17 th June 2026	110/100/90 AED

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Location

Thursday 	Dubai Sports City	6.30pm-7.30pm	7-12	Multi-Events (Sprints & middle distance, Jumps, throws) <i>Luke & Warrick & Micheal</i>	Thurs 26 th March- Thurs 18th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	7-12	Just Run (Sprint or Middle Distance) <i>Luviwe & Joud & Khalid</i>	Thurs 26 th March- Thurs 18th June 2026	110/100/90 AED
	Dubai Sports City	6.30pm-7.30pm	10+	Sports Conditioning (Sports speed, agility & strength & conditioning) <i>Lawrence & Mo</i>	Thurs 26 th March- Thurs 18th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sprints or Middle Distance <i>Luke, Luviwe & Warrick & Salim & Khalid & Micheal</i>	Thurs 26 th March- Thurs 18th June 2026	110/100/90 AED
	Dubai Sports City	7.30pm-8.30pm	13+	Sports Conditioning (Sports speed, agility & Strength & Conditioning) <i>Lawrence & Mo</i>	Thurs 26 th March- Thurs 18th June 2026	110/100/90 AED
Friday 	Dubai Sports City	6.30pm-7.30pm	7-12	Multi-events (run jump throw) <i>Luke & Warrick</i>	Fri 27 th March -Fri 19 th June 2026	110/100/90 AED

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Day	Venue	Time	Age	Event	Dates	Cost
Sunday 	Dubai Sports City	8am-9am	Tots 4-6	Multi-events (run jump throw) Luke & Mo & Fadi	Sun 29 th March-Sun 21st June 2026	110/100/90 AED
	Dubai Sports City	8am-9am	7-12	Multi-Events (run, jump, throw) Warrick	Sun 29 th March-Sun 21st June 2026	110/100/90 AED
	Dubai Sports City	8am-9am	7-12	Just Run Middle Distance & Sprints Micheal & Luviwe	Sun 29 th March-Sun 21st June 2026	110/100/90 AED
	Dubai Sports City	8am-9am	13+	Elite Middle Distance Khalid	Sun 29 th March-Sun 21st June 2026	110/100/90 AED
	Dubai Sports City	8.30am-10am	10+	Sprint Squad Elite (Invitation only) Luke & Lawrence & Luviwe	Sun 29 th March-Sun 21st June 2026	110/100/90 AED
	Dubai Sports City	9am-10am	13+	Multi-Events (Long Jump, High Jump, throws) Warrick	Sun 29 th March-Sun 21st June 2026	110/100/90 AED

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