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**4<sup>TH</sup> 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

Tots	
Youth	
Teens	
Adults	
Special	



[Location](#)

Day	Venue	Time	Age	Content	Dates	Cost
<b>Monday</b>  	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Luviwe, Micheal, Khalid	Mon 27 <sup>th</sup> April-Mon 15 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Sports Conditioning</b> (Speed, agility & strength conditioning) Mo	Mon 27 <sup>th</sup> April-Mon 15 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Luviwe, Khalid	Mon 27 <sup>th</sup> April-Mon 15 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-12	<b>High Jump</b> Micheal	Mon 27 <sup>th</sup> April-Mon 15 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	13+	<b>Sports Conditioning</b> (Speed, agility & strength conditioning) Mo	Mon 27 <sup>th</sup> April-Mon 15 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Luviwe, Mo	Mon 27 <sup>th</sup> April-Mon 15 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Khalid	Mon 27 <sup>th</sup> April-Mon 15 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	<b>High Jump</b> Michael	Mon 27 <sup>th</sup> April-Mon 15 <sup>th</sup> June 2026	110/100/90 AED

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<b>Tuesday</b> 	Barsha Park	8.15am-9.15am	Adults	<b>Ultimate Mums Run</b> (Interval Running session) Micheal	Tues 28 <sup>th</sup> April- Tues 16 <sup>th</sup> June 2026	80AED or 560AED Term
	DIA Al Barsha	5pm-6pm	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) Khalid	Tues 28 <sup>th</sup> April- Tues 16 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) Luviwe, Micheal	Tues 28 <sup>th</sup> April- Tues 16 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10+	<b>Throws</b> (shot, javelin) Micheal	Tues 28 <sup>th</sup> April- Tues 16 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints or middle distance) Luviwe, Khalid	Tues 28 <sup>th</sup> April- Tues 16 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Sprints</b> Luviwe & Mehdi	Tues 28 <sup>th</sup> April- Tues 16 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	13+	<b>Middle Distance</b> Micheal & Khalid	Tues 28 <sup>th</sup> April- Tues 16 <sup>th</sup> June 2026	110/100/90 AED

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Day	Venue	Time	Age	Content	Dates	Cost
Wednesday 	DIA Al Barsha	5.30pm-6.30pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Luviwe, Micheal, Khalid</i>	Wed 29 <sup>th</sup> March- Wed 17 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	<b>Just Run</b> (sprints or middle distance) <i>Luviwe, Micheal</i>	Wed 29 <sup>th</sup> March- Wed 17 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	10-12	<b>High Jump</b> <i>Yu</i>	Wed 29 <sup>th</sup> March- Wed 17 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	5.30pm-6.30pm	10+	<b>Sports Conditioning</b> (Speed, agility & strength conditioning) <i>Mo</i>	Wed 29 <sup>th</sup> March- Wed 17 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	10+	<b>Hurdles race specs</b> (invitation only) <i>Mo</i>	Wed 29 <sup>th</sup> March- Wed 17 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	6.30pm-7.30pm	Adults	<b>New Balance Run Club</b> <i>Khalid</i>	Wed 29 <sup>th</sup> March- Wed 17 <sup>th</sup> June 2026	FREE
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Middle Distance</b> <i>Khalid</i>	Wed 29 <sup>th</sup> March- Wed 17 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Long Jump</b> <i>Micheal</i>	Wed 29 <sup>th</sup> March- Wed 17 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>High Jump</b> <i>Yu</i>	Wed 29 <sup>th</sup> March- Wed 17 <sup>th</sup> June 2026	110/100/90 AED
	DIA Al Barsha	7.30pm-8.30pm	13+	<b>Sprints</b> <i>Luviwe &amp; Mo</i>	Wed 29 <sup>th</sup> March- Wed 17 <sup>th</sup> June 2026	110/100/90 AED

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<b>Youth</b>	
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<b>Special</b>	



**Location**

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<b>Thursday</b> 	<b>DIA Al Barsha</b>	5pm-6pm	3-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <b>Khalid, Luwiwe,</b>	Thurs 30 <sup>th</sup> April- Thurs 18th June 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Micheal</b>	Thurs 30 <sup>th</sup> April- Thurs 18th June 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Luwiwe &amp; Micheal</b>	Thurs 30 <sup>th</sup> April- Thurs 18th June 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6pm-7pm	10-12	<b>Just Run</b> (middle distance) <b>Khalid</b>	Thurs 30 <sup>th</sup> April- Thurs 18th June 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	6pm-7pm	7-19	<b>Heroes of Hope</b> (Athletes of Determination) <b>Holly</b>	Thurs 30 <sup>th</sup> April- Thurs 18th June 2026	FREE
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Sprints</b> <b>Luwiwe &amp; Mehdi</b>	Thurs 30 <sup>th</sup> April- Thurs 18th June 2026	110/100/90 AED
	<b>DIA Al Barsha</b>	7pm-8pm	13+	<b>Middle Distance</b> <b>Micheal &amp; Khalid</b>	Thurs 30 <sup>th</sup> April- Thurs 18th June 2026	110/100/90 AED

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Saturday am 	DIA Al Barsha	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <b>Mo &amp; Micheal</b>	Sat 1 <sup>st</sup> May – Sat 21 <sup>st</sup> June	110/100/90 AED
	DIA Al Barsha	8am-9am	10+	<b>Sprints</b> <b>Luviwe</b>	Sat 1 <sup>st</sup> May – Sat 21 <sup>st</sup> June	110/100/90 AED
	DIA Al Barsha	9am-10am	10+	<b>Long Jump &amp; Throws</b> <b>Luviwe &amp; Micheal</b>	Sat 1 <sup>st</sup> May – Sat 21 <sup>st</sup> June	110/100/90 AED
	DIA Al Barsha	9am-10am	10+	<b>Strength &amp; Conditioning</b> (power, mobility, strength, core-fitness) <b>Mo</b>	Sat 1 <sup>st</sup> May – Sat 21 <sup>st</sup> June	110/100/90 AED

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Sunday am 	DIA Al Barsha	8am-9am	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Khalid, Micheal</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	8am-9am	4-6	<b>Tots Athletics</b> (sprints, middle distance, jumps, throws) <i>Fadi</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	8am-9.30am	13+	<b>Elite Teen Sprints</b> (invite only) <i>Luviwe</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	110/100/90 AED
Sunday pm 	DIA Al Barsha	5pm-6pm	Tots 3-6	<b>Multi-events</b> (run jump throw) <i>Khalid, Micheal</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	5pm-6pm	7-12	<b>Multi-events</b> (sprints, middle distance, jumps, throws) <i>Mo &amp; Luviwe</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	7-12	<b>Just Run</b> (middle distance) <i>Micheal</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Just Run</b> (sprints) <i>Mo</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	10-12	<b>Elite Youth Sprints</b> (invite only) <i>Luviwe</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7pm	13+	<b>Elite Middle Distance</b> <i>Khalid</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	6pm-7.30pm	13+	<b>Middle Distance</b> <i>Micheal</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	110/100/90 AED
	DIA Al Barsha	7pm-8pm	Adults	<b>Sprints</b> <i>Luviwe</i>	Sun 2 <sup>nd</sup> May- Sun 21st June 2026	100AED or 1040 AED term

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