

TERM FEES

- 1x** AED 1,732.50  
1 x per week = 110 x 15 + VAT
- 2x** AED 3,150.00  
2 x per week = 100x15x2 + VAT
- 3x** AED 4,252.50  
3 x per week = 90x15x3 + VAT



THIS IS 15-WEEK TERM · FEES PRO-RATA FROM YOUR JOINING DATE ·



4th session free!

**BOOK ONLINE**  
click here to book online

**DIA AL BARHSA**  
Location map - click here

**SIBLINGS**  
15% for 3  
25% for 4

**MEMBERS CARD**  
25% Discount in NB STORES  
30% Off MonViso  
15% off at Up & Running

**NEW JOINER KIT**  
AED 120 · vest & shorts

**WEBSITE**  
click here to go to website

**WHATSAPP**  
+971 50 225 7024

TIME	AGE	SESSION	COACH
5:00–6:00 PM	7–12	<b>Multi-Events</b> sprints · middle-distance · jumps · hurdles · throws	Luwiwe Micheal
5:00–6:00 PM	7–12	<b>Sports Conditioning</b> strength · agility · mobility · speed · core	Mo
6:00–7:00 PM	10–12	<b>Just Run</b> sprints or middle distance	Luwiwe Khalid
6:00–7:00 PM	7–12	<b>High Jump</b>	Micheal
6:00–7:00 PM	13+	<b>Sports Conditioning</b> strength · agility · mobility · speed · core	Mo
7:00–8:00 PM	13+	<b>Sprints</b> 100m · 200m · 400m	Luwiwe Mo
7:00–8:00 PM	13+	<b>Middle Distance</b> 800m · 1500m · 3000m	Khalid
7:00–8:00 PM	13+	<b>High Jump</b>	Micheal

**MONDAY**  
 AUGUST 31<sup>ST</sup> TO  
 DECEMBER 07<sup>TH</sup> 2026

OUR PROUD SPONSORS

TERM FEES

**1x** AED 1,732.50  
1 x per week = 110 x 15 + VAT



THIS IS 15-WEEK TERM · FEES PRO-RATA FROM YOUR JOINING DATE ·

**SIBLINGS**  
15% for 3  
25% for 4

**MEMBERS CARD**  
25% Discount in NB STORES  
30% Off MonViso  
15% off at Up & Running

**2x** AED 3,150.00  
2 x per week = 100x15x2 + VAT

4th session free!

**NEW JOINER KIT**  
AED 120 · vest & shorts

**3x** AED 4,252.50  
3 x per week = 90x15x3 + VAT

**BOOK ONLINE**  
[click here to book online](#)

**DIA AL BARHSA**  
[Location map - click here](#)

**WEBSITE**  
[click here to go to website](#)

**WHATSAPP**  
[+971 50 225 7024](#)

	TIME	AGE	SESSION	COACH
<b>TUESDAY</b> SEPTEMBER 01 <sup>ST</sup> TO DECEMBER 08 <sup>TH</sup> 2026  DUBAI INTERNATIONAL ACADEMY Al Barsha	8:15–9:15 AM	Adults	<b>Ultimate Mums Run at Barsha Park</b> interval running session	Micheal
	5:00–6:00 PM	6–12	<b>Multi-Events</b> sprints · middle distance · jumps · throws	Luwiwe Micheal
	6:00–7:00 PM	10+	<b>Throws</b> shot · javelin	Micheal
	6:00–7:00 PM	10–12	<b>Just Run</b> sprints or middle distance	Luwiwe Khalid
	7:00–8:00 PM	13+	<b>Sprints</b> 100m · 200m · 400m	Luwiwe Mehdi
	7:00–8:00 PM	13+	<b>Middle Distance</b> 800m · 1500m · 3000m	Micheal Khalid

TERM FEES

**1x** AED 1,732.50  
1 x per week = 110 x 15 + VAT



THIS IS 15-WEEK TERM · FEES PRO-RATA FROM YOUR JOINING DATE ·

**SIBLINGS**  
15% for 3  
25% for 4

**MEMBERS CARD**  
25% Discount in NB STORES  
30% Off MonViso  
15% off at Up & Running

**2x** AED 3,150.00  
2 x per week = 100x15x2 + VAT

4th session free!

**NEW JOINER KIT**  
AED 120 · vest & shorts

**3x** AED 4,252.50  
3 x per week = 90x15x3 + VAT

**BOOK ONLINE**  
[click here to book online](#)

**DIA AL BARHSA**  
[Location map - click here](#)

**WEBSITE**  
[click here to go to website](#)

**WHATSAPP**  
[+971 50 225 7024](#)

TIME	AGE	SESSION	COACH
5:30–6:30 PM	7–12	<b>Multi-Events</b> sprints · middle distance · jumps · throws	Luwiwe Micheal
6:30–7:30 PM	10–12	<b>Just Run</b> sprints or middle distance	Luwiwe Micheal
6:30–7:30 PM	10–12	<b>High Jump</b>	Yu
5:30–6:30 PM	10+	<b>Sports Conditioning</b> strength · agility · mobility · speed · core	Mo
6:30–7:30 PM	10+	<b>Hurdles Race Specs</b> invitation only	Mo
6:30–7:30 PM	Adults	<b>New Balance Run Club</b>	Khalid
7:30–8:30 PM	13+	<b>Middle Distance</b> 800m · 1500m · 3000m	Khalid
7:30–8:30 PM	13+	<b>Long Jump</b>	Micheal
7:30–8:30 PM	13+	<b>High Jump</b>	Yu
7:30–8:30 PM	13+	<b>Sprints</b> 100m · 200m · 400m	Luwiwe Mo

**WEDNESDAY** SEPTEMBER 02<sup>ND</sup> TO  
DECEMBER 09<sup>TH</sup> 2026

TERM FEES

- 1x** AED 1,732.50  
1 x per week = 110 × 15 + VAT
- 2x** AED 3,150.00  
2 x per week = 100 × 15 × 2 + VAT
- 3x** AED 4,252.50  
3 x per week = 90 × 15 × 3 + VAT



THIS IS 15-WEEK TERM · FEES PRO-RATA FROM YOUR JOINING DATE ·

 **4th session free!**

**BOOK ONLINE**  
click here to book online

**SIBLINGS**  
15% for 3  
25% for 4

**MEMBERS CARD**  
25% Discount in NB STORES  
30% Off MonViso  
15% off at Up & Running

**NEW JOINER KIT**  
AED 120 · vest & shorts

**DIA AL BARHSA**  
Location map - click here

**WEBSITE**  
click here to go to website

**WHATSAPP**  
+971 50 225 7024

TIME	AGE	SESSION	COACH
5:00–6:00 PM	4–6	<b>Tots Athletics</b> sprints · middle distance · jumps · throws	Luviwe
5:00–6:00 PM	7–12	<b>Multi-Events</b> sprints · middle distance · jumps · throws	Micheal
6:00–7:00 PM	7–12	<b>Multi-Events</b> sprints · middle distance · jumps · throws	Luviwe Micheal
6:00–7:00 PM	10–12	<b>Just Run</b> middle distance	Khalid
6:00–7:00 PM	7–19	<b>Heroes of Hope</b> athletes of determination	Holly
7:00–8:00 PM	13+	<b>Sprints</b> 100m · 200m · 400m	Luviwe Mehdi
7:00–8:00 PM	13+	<b>Middle Distance</b> 800m · 1500m · 3000m	Micheal Khalid

**THURSDAY**  
 SEPTEMBER 03<sup>RD</sup> TO  
 DECEMBER 09<sup>TH</sup> 2026

TERM FEES

- 1x** AED 1,732.50  
1 x per week = 110 x 15 + VAT
- 2x** AED 3,150.00  
2 x per week = 100 x 15 x 2 + VAT
- 3x** AED 4,252.50  
3 x per week = 90 x 15 x 3 + VAT



THIS IS 15-WEEK TERM · FEES PRO-RATA FROM YOUR JOINING DATE ·

4th session free!

**SIBLINGS**  
15% for 3  
25% for 4

**MEMBERS CARD**  
25% Discount in NB STORES  
30% Off MonViso  
15% off at Up & Running


**NEW JOINER KIT**  
AED 120 · vest & shorts

**BOOK ONLINE**  
[click here to book online](#)

**DIA AL BARHSA**  
[Location map - click here](#)

**WEBSITE**  
[click here to go to website](#)

**WHATSAPP**  
[+971 50 225 7024](#)

	TIME	AGE	SESSION	COACH
<b>SATURDAY</b> SEPTEMBER 05 <sup>TH</sup> TO DECEMBER 12 <sup>TH</sup> 2026  DUBAI INTERNATIONAL ACADEMY Al Barsha	8:00–9:00 AM	7–12	<b>Multi-Events</b> sprints · middle distance · jumps · throws	Mo Micheal
	8:00–9:00 AM	10+	<b>Sprints</b>	Luviwe
	9:00–10:00 AM	10+	<b>Long Jump &amp; Throws</b>	Luviwe Micheal
	9:00–10:00 AM	10+	<b>Strength &amp; Conditioning</b> power · mobility · strength · core fitness	Mo

TERM FEES

- 1x** AED 1,732.50  
1 x per week = 110 x 15 + VAT
- 2x** AED 3,150.00  
2 x per week = 100x15x2 + VAT
- 3x** AED 4,252.50  
3 x per week = 90x15x3 + VAT



THIS IS 15-WEEK TERM · FEES PRO-RATA FROM YOUR JOINING DATE ·

4th session free!

**SIBLINGS**

15% for 3  
25% for 4

**MEMBERS CARD**

25% Discount in NB STORES  
30% Off MonViso  
15% off at Up & Running

**NEW JOINER KIT**

AED 120 · vest & shorts

**BOOK ONLINE**  
click here to book online

**DIA AL BARHSA**  
Location map - click here

**WEBSITE**  
click here to go to website

**WHATSAPP**  
+971 50 225 7024

TIME	AGE	SESSION	COACH
<b>SUNDAY AM</b>			
8:00-9:00 AM	7-12	<b>Multi-Events</b> sprints · middle distance · jumps · throws	Khalid Micheal
8:00-9:00 AM	4-6	<b>Tots Athletics</b> sprints · middle distance · jumps · throws	Fadi
8:00-9:30 AM	13+	<b>Elite Teen Sprints</b> invite only	Luviwe
<b>SUNDAY PM</b>			
5:00-6:00 PM	3-6	<b>Tots Athletics</b> run · jump · throw	Khalid Micheal
5:00-6:00 PM	7-12	<b>Multi-Events</b> sprints · middle distance · jumps · throws	Mo Luviwe
6:00-7:00 PM	7-12	<b>Just Run</b> middle distance	Micheal
6:00-7:00 PM	10-12	<b>Just Run</b> sprints	Mo
6:00-7:00 PM	10-12	<b>Elite Youth Sprints</b> invite only	Luviwe
6:00-7:00 PM	13+	<b>Elite Middle Distance</b> 800m – 5km	Khalid
6:00-7:30 PM	10+	<b>Middle Distance</b> 600m – 3k	Micheal
7:00-8:00 PM	Adults	<b>Sprints</b>	Luviwe

**SUNDAY** SEPTEMBER 06<sup>TH</sup> TO DECEMBER 13<sup>TH</sup> 2026

OUR PROUD SPONSORS