

TERM FEES

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

2× AED 3,150.00
2 x per week = 100 × 15 × 2 + VAT

3× 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](#)

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](#)

MONDAY AUGUST 31ST TO
DECEMBER 07TH 2026

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

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!

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](#)

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

TERM FEES

- 1×** AED 1,732.50
1 x per week = 110 × 15 + VAT
- 2×** AED 3,150.00
2 x per week = 100 × 15 × 2 + VAT
- 3×** 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](#)

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](#)

WEDNESDAY SEPTEMBER 02 ND TO DECEMBER 09 TH 2026	TIME	AGE	SESSION	COACH
	5:30–6:30 PM	7–12	Multi-Events sprints · middle distance · jumps · throws	Luviwe Micheal
	6:30–7:30 PM	10–12	Just Run sprints or middle distance	Luviwe Micheal
	6:30–7:30 PM	10–12	High Jump	Yu
	5:30–6:30 PM	10+	Sports Conditioning strength · agility · mobility · speed · core	Mo
	6:30–7:30 PM	10+	Hurdles Race Specs invitation only	Mo
	6:30–7:30 PM	Adults	New Balance Run Club	Khalid
	7:30–8:30 PM	13+	Long Jump	Micheal
	7:30–8:30 PM	13+	High Jump	Yu
	7:30–8:30 PM	13+	Sprints 100m · 200m · 400m	Luviwe Mo

TERM FEES

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

2× AED 3,150.00
2 x per week = 100 × 15 × 2 + VAT

3× 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](#)

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](#)

THURSDAY
SEPTEMBER 03RD TO
DECEMBER 09TH 2026

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

TERM FEES

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

2× **AED 3,150.00**
2 x per week = 100 × 15 × 2 + VAT

3× **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](#)

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](#)

SATURDAY SEPTEMBER 05 TH TO DECEMBER 12 TH 2026	TIME	AGE	SESSION	COACH
	8:00–9:00 AM	7–12	Multi-Events sprints · middle distance · jumps · throws	Mo Micheal
	8:00–9:00 AM	10+	Sprints	Luviwe
	9:00–10:00 AM	10+	Long Jump & Throws	Luviwe Micheal
	9:00–10:00 AM	10+	Strength & Conditioning power · mobility · strength · core fitness	Mo

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](#)

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

SUNDAY SEPTEMBER 06TH TO
DECEMBER 13TH 2026