

LADIES RUN CLUB

Schedule & Memberships

	5:59AM	5:59PM
MONDAY	<p>Ladies Run + Strength 30 mins recovery run into 30 mins strength session LOCATION HERE</p>	<p>Ladies Run + Strength 30 mins recovery run into 30 mins strength session LOCATION HERE</p>
TUESDAY	<p>Track Tuesday* Speed session on athletics track** LOCATION HERE</p>	N/A
WEDNESDAY	<p>Ladies Run Option to run intervals or recovery run LOCATION HERE</p>	<p>Ladies Run Option to run intervals or recovery run LOCATION HERE</p>
FRIDAY	<p>The Coffee Run Tempo run followed by coffees LOCATION HERE</p>	N/A
WEEKENDS	Weekend runs or plans will be shared in Members WhatsApp group	

Membership Options:

LRC LITE

Monthly: 325 AED
3 months: 875 AED
6 months: 1,650 AED

1x session a week

LRC UNLIMITED

Monthly: 925 AED
3 Months: 2,495 AED
6 Months: 4,500 AED

Unlimited sessions a week

LRC ONLINE

Monthly: 495 AED
3 Months: 1,350 AED
6 Months: 2,400 AED

5x online sessions a week

All memberships include: InnerFight training camps, seminars, socials, forums, & coffee mornings.

*Track Tuesday and Coffee Run will host male and female runners

** Track fee applies, payable to ISD Sports City, not InnerFight

[@if_ladiesrunclub](#)

Purchase or renew membership [here](#) or at the InnerFight reception

Coach Steph: 050 678 4738