

THE CIRCUIT FACTORY

WHAT IS THE
CHALLENGE+?

HOW DOES IT WORK?

Challenge+ is the Challenge with a CF Food Box (2 meals per day).

WHAT IS THE CHALLENGE?

[Click here.](#)

WHAT IS A FOOD BOX?

[Click here.](#)

HOW CAN I SURVIVE ON 2 MEALS PER DAY?

With the genius of Intermittent Fasting. No weird, restrictive diets. No Herculean feats of will power. We teach you a simple system that will control both your hunger and cravings.

CAN I DO CHALLENGE+ WITHOUT A FOOD BOX?

No, it must be with a Box.

WHERE ARE THE MENUS?

You can find them at www.cf.kitchen.

WHY DO PEOPLE CHOOSE CHALLENGE+

Results are better and people gain greater control over their appetite.

HOW MUCH DOES IT COST?

A CF membership is AED895 per month. This includes unlimited classes and Challenges. Al Quoz membership is AED595, but you'll also need to pay for gym entry (email us for details). The Food Box is AED362-400 (depending on veggie or meat box).

I HAVE MORE QUESTIONS

[Click here](#) and we will answer them.

HOW DO I SIGN UP?

It's a 2-part process:

- 1) Email info@circuitfactory.ae to book the Challenge
- 2) Visit www.cf.kitchen to book your Food Box