

# THE CIRCUIT FACTORY

WHAT IS  
**THE CHALLENGE?**

## HOW DOES IT WORK?

We take your body measurements before your first Challenge class.  
You then commit to the following:

- 4 Circuit Factory classes a week.
- “Breakfast Exercises” at home, on training days only.
- You commit to eating clean via the Holy Grail (food plan), or our healthy recipes.
- You submit a weekly Confessional (food diary) for review.

At the end of Challenge, we will measure your body again, and if you’ve done your bit, the results will blow your mind.

## WHERE IS IT?

In any of these CF [locations](#).

## HOW MUCH DOES IT COST?

A CF membership is AED895 per month. This includes unlimited classes and Challenges. Al Quoz prices differ: [click here](#) for more info.

## WHAT WILL I EAT?

We give you a food plan, aka “The Holy Grail,” menu & shopping lists.

## WHEN DOES THE CHALLENGE START?

Check out the countdown clock on the [CF website](#).

## WHAT IF I TRAVEL?

We give you a mobile workout to follow while you’re away.

## I HAVE MORE QUESTIONS

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

## HOW DO I SIGN UP?

Visit [www.circuitfactory.ae/challenge](http://www.circuitfactory.ae/challenge) and follow the steps.