

THE CIRCUIT FACTORY

WHAT IS THE
MINI CHALLENGE?

WHAT IS THE MINI CHALLENGE?

The Mini Challenge is exactly the same as the main Challenge, but 2 weeks in duration instead of 4.

HOW DOES IT WORK?

Before your first Mini Challenge class, we take your body measurements. 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), our menus, or a CF Food Box.
- You submit a weekly Confessional (food diary) for review.

At the end of Challenge, we take another set of body measurements. The results will blow your mind.

WHERE IS IT?

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

HOW MUCH DOES IT COST?

You have to complete 8 classes over 2 weeks. You can buy a 10-class pack for AED750, or if you intend to continue training, you can buy a month of unlimited classes for AED895. *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. You can also order a Food Box to be delivered: [click here](#) for more info.

WHEN DOES IT START?

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

I HAVE MORE QUESTIONS

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

HOW DO I SIGN UP?

Visit www.circuitfactory.ae/minichallenge and follow the steps.