

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), our menus, or a CF Food Box.
- 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. You can also order a Food Box to be delivered: [click here](#) for more info.

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 and follow the steps.