

CIRCUIT FACTORY RE-OPENING GUIDELINES

PHASE 1



Circuit Factory is ready to welcome you back!

We cannot thank you enough for supporting CF through the last 10 weeks! Going from busy classes to limited capacity will be a big change, but the trainers are working hard to design classes that will create the same energy, buzz, and sweat whilst meeting all government safety regulations.

To ensure a safe & effective workout for as many members as possible, we will be operating at the following classes during Phase 1:

CF Skydive	Sunday – Thursday	7am & 6.30pm
	Friday	9am
	Saturday	9am & 6.30pm

CF AQ (24 Fitness)	Sunday – Thursday	7am
	Friday & Saturday	9am

CF Virtual	Sunday – Thursday	7am & 6pm
	Friday	9am & 11am
	Saturday	9am & 6pm



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HOW TO BOOK CLASSES:

- All bookings through Glofox app
- Bookings close 1 hour before class
- Cancellation up to 2 hours before class
- Strictly No Walk-Ins
- CF SD Max capacity 36
- CF AQ Max capacity 16
- No refunds for cancellations or no-show
- Currently no discounts (teachers or other)
- No new members
- CF COVID WAIVER is available to view on our website (LEE PLEASE ENTER THE LINK)

MEMBERSHIPS & CLASS PACKS:

- New Memberships & Class Packs cannot be purchased during Phase 1
- Frozen memberships (Full or teacher) can be converted into class credits by sending an email to info@circuitfactory.ae
- Frozen class packs will now be available to use for physical classes
- Memberships can remain frozen until another Phase, and pay-as-you-go until then
- If training at CF AQ (24 Fitness), you must also pay the 24 Fitness gym membership. The cost is AED 350 per month or 100 AED per day (full gym access)



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CLASS RULES:

- Age limit is strictly 16 – 60 years
- Arrive in enough time for check-in
- SD entry is through front door, exit is back door
- AQ entry is through gym reception. Your booking name will be passed to reception for check-in.
- 2M social distance at all times
- Strictly NO entry after class starts
- Temperature check with no entry above 37.5 degrees
- Members will be allocated their own numbered CF BOX at check-in
- Masks must be worn before & after class. Mask can be lowered during workout
- Trainers must wear masks on front desk
- Do not arrive if you feel unwell
- Keep all belongings in your CF BOX
- Bring your own mat, water & and a LARGE towel
- No shirtless workouts
- Spray down your equipment & mat after class
- Toilets available, no showers or changing rooms
- No bins, take everything with you



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CLASS STYLE:

- 55 mins including intro, dynamic warm up, circuit & stretches
- Each member will work out in their allocated CF BOX
- 2 Trainers maximum per class
- Equipment is provided in each CF BOX with a range of weight provided
- No alternative equipment will be provided during Phase 1
- Doors at SD must remain open, AC on
- Trainers will stay within the CF TRAINERS BOX
- No use of bikes, boxes or rowers
- No outdoor running at any location
- AQ will run cardio style class to start with
- Skydive Class Menu:
 - Sunday Gold
 - Monday The Wall
 - Tuesday 500 CALS
 - Wednesday TOYS
 - Thursday Tabata
 - Friday The Lab
 - Saturday Rehab & Shrinkage



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DAILY CLEANING PROCEDURES

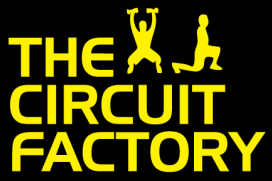
- SD & AQ will be fully sanitized before re-opening by Dubai Municipality approved company
- AQ cleaning will be managed by 24 Fitness onsite cleaning team
- Hand sanitizer will be available around each location
- Each CF BOX will include sanitizer to spray equipment before/after class
- Skydive CF BOX area & floor will be cleaned twice per day by Dubai Municipality approved company
- Masks & Gloves will be available at front desk if needed
- Front Desk will be sanitized before and after every class
- Toilets are operated by Skydive operations team

EMERGENCY PROCEDURES

- If someone falls sick during the class, the trainers will follow emergency procedures whilst adhering to social distancing rules (2M).
- Please ensure you have eaten and intake sufficient water during the day, so you can train safely
- Members must bring water to class
- If you feel faint during class, please stop your workout, sit down in your CF BOX and rest
- You can alert a trainer by putting your hand up whilst in your CF BOX
- Safety of our trainers and members is priority and we expect everyone to follow the rules. We therefore have the right to refuse entry if safety is compromised.



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AND FINALLY....

Be assured we are doing all we can to keep CF classes running during an incredibly challenging time and we appreciate you accepting and adapting to the changes to our membership rules.

In the past, CF has always been very flexible, but we need to follow the above guidelines until we are at least out of Phase 1. During this time, we will be unable to offer alternatives to the above. Thank you for staying black & yellow x

