



DIRECTIONS:
CIRCUIT FACTORY AL QUOZ IS LOCATED AT 24 FITNESS.
 Travel along Sheikh Zayed Road from Media City towards Dubai. Take junction 43, signposted Al Manara Street. Join Al Manara street and drive away from the sea, towards Al Quoz. At the end of the road, there is a T-junction. Take a left and 200 meters on the right, you will see a building in the shape of a ship. Take that right, then take the next left. 24 Fitness is on the left. The door handle is the shape of a dumbbell.

-  **TIMINGS:** Weekdays: **6am, 8.30am** and **7pm** Weekends: **10am**.
-  **COST:** Infrequent training: 50 AED gym entry and 50 AED per class.
 Frequent training: 500 AED monthly gym membership and 50 AED per class.
-  **SHOWERS?** Yes. **FREE TRIAL?** Yes [Just bring 50 AED daily gym membership].