



55 Walnut Street #103, Norwood, NJ 07648
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Available 4-Week Challenge Dates

Location	Month	Start Date	End Date	Balance Due
NEW JERSEY	FEB	MON. 02/06	MON. 03/05	JAN 24
NEW JERSEY	MAR	MON. 03/05	MON. 04/02	FEB 21
NEW JERSEY	APR	MON. 04/02	MON. 04/30	MAR 17

Registration Information

4-WEEK CHALLENGE*	TUITION:	\$247.00
	MINIMUM DEPOSIT:	\$100.00
NON-PKB MEMBERS*	TUITION:	\$597.00
	MINIMUM DEPOSIT:	\$200.00
ALUMNI TUITION:		\$147.00

*Includes a 10-Session Seminar Series

We Accept Visa-MasterCard-Discover, Cash and Checks

For people registering within 10 days of their course we do not accept checks.
Limited space is available for each course. Please call to confirm availability.
All registrations for 4-WC's close the Monday prior to their start dates.

Visit us online at www.palangi.com/challenge

Basic Information about the 4-Week Challenge

Days: 4-WC's always start on the first Monday of the month and complete 4 Mondays thereafter.

Hours & Itinerary

1. You must (mandatory) attend **GRM** (Ground Rules Meeting) on the First Monday of your 4-WC ("Day One"). And bring your personal calendar.
2. You promise/plan/intend to train **FDW** (five days per week) according to the class schedule and agree to always stay for an additional 15-minutes afterward for specific "Challenge Training".
3. You agree to attend 1 **CFS** Event (Challenge Food Shopping). Held **ONLY** once, on the first Tuesday of your 4-WC at 6:00pm. (Meet at your Palangi Kickboxing Academy)
4. You agree to attend all 4 **GCC** (Group Coaching Calls) held every Saturday @ 2:00PM during your 4WC.
5. You agree to attend the 4-WC **Completion Evening**, four Mondays from Start Date at 8:30pm, and report your results.

Tuition:

1. The tuition is \$247.00.
2. The minimum deposit is \$100.00.
3. Included in your tuition is an optional ten-session seminar series where you will be coached in applying the principles of the 4-WC into your life upon completion. (Dates announced at Completion Evening)

Missed Days: You are allowed 3 "Absences", these are to be communicated at **GRM**

Attendance: The 4WC is conducted with 10-30 people.

Location: In New Jersey, the 4WC is conducted at **55 Walnut St. #103, Norwood, NJ 07648**

Palangi programs are available in 2 locations nationwide – in Pennsylvania and New Jersey.