

**Congratulations! But you're still NOT a Palangi Kickboxer until you do this:** Please.... Pretty please... **PRINT THIS NOW.... GET YOUR SCISSORS.... CUT IT ALL UP... AND PLACE THEM IN YOUR VISIBLE WORLD!** There's one for your refrigerator ... one for your office, cubicle, or "creative space" and finally two wallet-sized schedules; one for your wallet and one to *give to a friend!*

If you've just registered at our site.. Chances are (unless it's after 10pm) I will be calling you while you're printing this out, and cutting it,

*Yours truly,  
Master Scott Palangi*



55 Walnut Street #103  
Norwood, NJ 07648  
(across from Kennedy Field)

1-800-KICKBOX 1-800-542-5269  
<http://www.palangi.com>

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	10:15	10:15	10:15	10:15	10:15		
PM	7:30	8:30	7:30	8:30	7:30	5:30	5:30



55 Walnut Street #103  
Norwood, NJ 07648  
(across from Kennedy Field)

1-800-KICKBOX 1-800-542-5269  
<http://www.palangi.com>

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	10:15	10:15	10:15	10:15	10:15		
PM	7:30	8:30	7:30	8:30	7:30	5:30	5:30



55 Walnut Street #103  
Norwood, NJ 07648  
(across from Kennedy Field)

1-800-KICKBOX 1-800-542-5269  
<http://www.palangi.com>

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	10:15	10:15	10:15	10:15	10:15		
PM	7:30	8:30	7:30	8:30	7:30	5:30	5:30



55 Walnut Street #103  
Norwood, NJ 07648  
(across from Kennedy Field)

1-800-KICKBOX 1-800-542-5269  
<http://www.palangi.com>

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	10:15	10:15	10:15	10:15	10:15		
PM	7:30	8:30	7:30	8:30	7:30	5:30	5:30



**55 Walnut Street Suite #107, Norwood, NJ 07648**  
 (drive around back, enter center glass door, then, 107 is the first door on the right.) **1-800-KICKBOX** (new member info line) **1-800-PALANGI** (active members only) [www.palangi.com](http://www.palangi.com)

<b>LEVEL ONE CLASS SCHEDULE (60 MINUTE SESSIONS)</b>							
<b>DAY/ TIME</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>AM CLASS</b>	10:15	10:15	10:15	10:15	10:15	n/a	n/a
<b>PM CLASS</b>	7:30	8:30	7:30	8:30	7:30	5:30	5:30

Cut here and place on your refrigerator right away!

---

**Guidelines:**

1. Arrive 5 minutes prior to class (all class have 32 person max capacity—first come first serve. All classes start on time and never run late! Our mat clock is synced with [www.time.gov](http://www.time.gov).)
2. Must have water with you on mat at all times (water is available for \$1. Supplies not always guaranteed.)
3. Notify Coach Palangi if you will be bringing a guest 24 hours in advance (no fee for VIP members)
4. Go at your own pace. Each class has 6 scheduled water breaks. (You may take your own comfort break at any time, no stress, no pressure to continue.)
5. Notify assistant coaches or Coach Palangi if you are struggling with any leg, neck, back, shoulder, or wrist injuries.... Remember, SAFETY FIRST!
6. If you will not be attending classes for seven consecutive days, please inform Master Palangi via voice mail, or email [800-KICKBOX / scottpalangi@gmail.com](mailto:800-KICKBOX/scottpalangi@gmail.com)