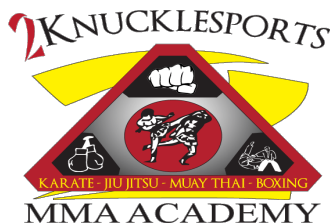


- 2KS FIT CHALLENGER -  
 -3x a week Fitness Classes -  
 - Facebook check-ins, Accountability -  
 -Meal plan Accountability-  
 -Have Fun, Have a Mission with a Vision-



623-282-1140  
 15332 W. Bell Rd. #112  
 Surprise, Az. 85374  
 2knucklesports.com  
 Nikidokai.com

Ask about Private Lessons and 24/7 Access

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6 Week Fit Challenge</b>	Full Body FIT 6-6:50 am. ----- Full Body FIT 7-7:50 pm.	Upper Body FIT 7-7:50 am. ----- Upper Body FIT 9-9:50 am. ----- Upper Body FIT 7-7:50 pm.	Full Body FIT 6-6:50 am. ----- Full Body FIT 7-7:50 pm.	Lower Body FIT 7-7:50 am. ----- Lower Body FIT 9-9:50 am ----- Lower Body FIT 7-7:50 am	Full Body FIT 6-6:50 am. ----- Full Body FIT 7-7:50 pm.	Full Body FIT 9-9:50 am.
<b>*Private Sessions Available</b>	* PRIVATE LESSONS	* PRIVATE LESSONS	* PRIVATE LESSONS	* PRIVATE LESSONS	* PRIVATE LESSONS	*PRIVATE LESSONS
<b>Active Challenger</b>  *After your 6 week challenge then your ready for these CLASSES.  *Come in for Open Dojo	Full Body FIT 6-6:50 am. ----- Kick Box FIT 9-9:50am. ----- Kick Box FIT 5-5:50pm ----- Kick Box FIT 6-6:50pm ----- Jiu-Jitsu 7-7:50pm (No Gi)	Upper Body FIT 7-7:50 am. ----- Upper Body FIT 9-9:50 am. ----- Kick Box FIT 5-5:50pm. ----- Kick Box FIT 6-6:50pm	Full Body FIT 6-6:50 am. ----- Kick Box FIT 9-9:50am ----- Boxing FIT 5-5:50pm ----- Boxing FIT 6-6:50pm ----- Jiu-Jitsu 7-7:50 (Gi)	Lower Body FIT 7-7:50 am. ----- Lower Body FIT 9-9:50 am ----- Wrestling 5-5:50pm. ----- Kick Box/ MMA FIT 6-6:50pm. ----- NCS Self-Defense 7-7:50pm	Full Body FIT 6-6:50 am. ----- Kick Box FIT 9-9:50am ----- Kick Box FIT 6-6:50pm.	Full Body FIT 8-8:50 am.

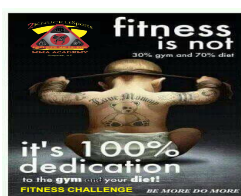
**"If its to BE its up to ME" so LETS DO THIS ☺. YOU MUST GIVE 101% INTO YOURSELF AND DURNING THIS PROGRAM AND IF NOT FOR YOURSELF, THEN FIND YOUR REASON .**

**- 2KNUCKLES SPORTS MMA & FITNESS ACADEMY'S POLICY -**

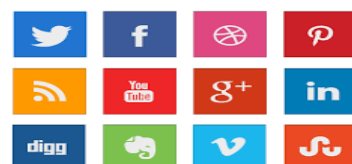
- Facebook to follow> 2knucklesports Fitness Challenge, 2KnuckleSports, Nikidokai Federation, Click on the pin notes on FB 2KS and download the welcome package and meal plan.
- Check-in to your Facebook before your classes and write something positive right after your amazing workout.
- Please tag 2KnuckleSports when posting about your progress or how your feeling on your social media.
- \*Private Lessons/Sessions Available. (See front Desk/Instructors for cost and all details)
- Bow/Respect in and out of the Dojo Mats. When entering the Dojo *you must* leave your worries and Negative Wolf outside on the Tree in front of the Dojo, you can pick it up on your way out or feel *Free* to leave it there and we will be Happy to throw it away for you, FEED the right Energy ☺..
- Proper gear is required for your classes.
- All training gear must be purchased through 2KS Academy.
- Please keep motivating each other on and off the Dojo Mat.
- No gum, No Jewelry, No shoes on the Mat. No Profanity in the Dojo.
- Must be courteous & Respectful to each other on & off the Dojo Mat.



NIKIDOKAI.COM



"2KS CREW" FIT CHALLENGE



Please follow & leave a 5 Star Review