



KAJUKENBO ARIZONA SCHEDULE (Effective 2/22/10)

Monday		Tuesday		Wednesday		Thursday		Friday	
CrossPIT 9:30 - 10 am	Kickboxing	CrossPIT 9:30 - 10 am	Kickboxing	CrossPIT 9:30 - 10 am	CrossPIT 9:30 - 10 am	CrossPIT 9:30 - 10 am	Kickboxing	BJJ 5 – 6:30 pm	
MMA 10 – 10:30 am	9:30-10:30 am	MMA 10 – 10:30 am	9:30-10:30 am	BJJ 10 – 11:30 am		MMA 10 – 10:30 am	9:30-10:30 am	Saturday Reserved for Special Events <u>Class Descriptions:</u> CrossPIT: Conditioning and cardio training following the PIT system. For all Adults and Juniors by invitation. MMA & Kaju Classes are for Adults. MMA 30 min: 3-4 minute warm-up with 25 minutes of MMA material for Adults. MMA 60 min: Includes 30 minute CrossPIT session and 30 minutes of material for Adults. Kaju: 3-4 minutes warm-up with 25 minutes of Kaju material for Adults. Dragons: Modified Kaju for ages 5-9. Dragons I: Ages 5-6. Dragons II: Ages 7-9. Junior Kajukenbo: Kajukenbo for Kids and Teens for ages 10 through approximately 15. Boxing & Sparring: Point sparring techniques and drills. Boxing Techniques, hand and foot drills for adults. BJJ: Traditional Brazilian Jiu-Jitsu training and grappling. Strength & Stretch Training: Traditional strength training and stretching. Kaju forms: Pinons, concentrations, weapons forms for Juniors and Adults. Adult Self-Defense: Grabs, punches, tackles, knives, clubs and other forms of self-defense. Kickboxing:	
CrossPIT 10:30 – 11 am		CrossPIT 10:30 – 11 am				CrossPIT 10:30 – 11 am			
Kaju 11 - 11:30 am		Kaju 11 - 11:30 am		CrossPIT 4:30 - 5 pm		CrossPIT 4:30 – 5 pm			
BJJ 4 – 5 pm		CrossPIT 4:30 – 5 pm		CrossPIT 4:30 - 5 pm		CrossPIT 4:30 – 5 pm			
Dragons 5 – 5:30 pm	Strength Training 5 – 5:30 pm	Dragons I 5 – 5:30 pm	Stretch Class 5 – 5:30 pm	Dragons 5 – 5:30 pm	Strength Training 5 – 5:30 pm	Dragons I 5 - 5:30 pm	Stretch Class 5 – 5:30 pm		
Jr. Kaju 5:30 - 6:30 pm	MMA 5:30 - 6:30 pm	Dragons II 5:30 – 6 pm		Jr. Kaju 5:30 – 6:30 pm	MMA 5:30 - 6:30 pm	Dragons II 5:30 – 6 pm			
		Jr. Kaju 6 - 7 pm	MMA 6 - 7 pm			Jr. Kaju 6 - 7 pm	MMA 6 - 7 pm		
Kids Sparring 6:30 - 7 pm	Adult Self-Defense 6:30 - 7 pm	MMA 7- 7:30 pm		Adult Sparring & Kickboxing 6:30 – 7:30 pm		MMA 7- 7:30 pm			
Kaju Forms 7-7:30 pm	Kickboxing							CrossPIT 7:30–8 pm	
BJJ 7:30 – 9 pm	7:30-8:30 pm	CrossPIT 7:30–8 pm	Kickboxing	BJJ 7:30 – 9 pm		CrossPIT 7:30–8 pm	Kickboxing		
		Kaju 8-8:30 pm	7:30-8:30 pm			Kaju 8-8:30 pm	7:30-8:30 pm		

For More Info:
www.kajuaz.com
 480-755-3008