

**KAJUKENBO ARIZONA SCHEDULE (Effective 1/18)**  
**2602 West Baseline Road, #1, Mesa, AZ 85202**

Mon		Tues		Wed		Thur		Fri		Sat		
CrossPIT 5:30 am				CrossPIT 5:30 am				CrossPIT 5:30 am				
										<p><b>Class Descriptions:</b></p> <p><b>CrossPIT:</b> 30 min Conditioning and cardio training following the PIT system. For ages 14 and older or by invitation.</p> <p><b>Kaju:</b> Kaju material for Adults including forms, boxing, and self-defense.</p> <p><b>Dragons:</b> Modified Kaju for ages 5-9.</p> <p><b>Junior Kajukenbo:</b> Kajukenbo for Kids and Teens for ages 10 through approx. age 15.</p> <p><b>Kickboxing:</b> High-energy boxing and muay thai as well as traditional boxing drills.</p> <p><b>Open Mat:</b> For Juniors, Adults and some Dragons by invitation. Class designed to work on material for next belt levels. No warm up in this class.</p> <p><b>FOR MORE INFO:</b>  <a href="http://www.kajuaz.com">www.kajuaz.com</a>            480-755-3008</p>		
CrossPIT 4:30 pm		CrossPIT 4:30 pm	Dragons 4:30-5 pm	CrossPIT 4:30 pm		CrossPIT 4:30 pm	Dragons 4:30-5 pm	Kaju Open Mat 4-5 pm				
Dragons 5 -5:30 pm	CrossPIT 5 pm	Dragons 5 -5:30 pm	CrossPIT 5 pm	Dragons 5 -5:30 pm	CrossPIT 5 pm	Dragons 5 -5:30 pm	CrossPIT 5 pm	Kaju Open Mat 5-6 pm				
Junior Kaju 5:30-6:30 pm	CrossPIT 5:30 pm	Dragons 5:30 - 6 pm	CrossPIT 5:30 pm	Junior Kaju 5:30-6:30 pm	CrossPIT 5:30 pm	Dragons 5:30 - 6 pm	CrossPIT 5:30 pm					
Adult Sparring 6:30-7 pm  Kids Sparring 6:30 - 7 pm	Kickboxing 6-7 pm	Junior Kaju 6-7 pm	CrossPIT 6 pm  CrossPIT 6:30 pm	CrossPIT 6-6:30 pm		Junior Kaju 6-7 pm	CrossPIT 6 pm  CrossPIT 6:30 pm	Kaju Open Mat PIT Side 6-7 pm				
		Adult Kaju 7 - 8 pm				Adult Kaju 7 - 8 pm						