



KAJUENBO ARIZONA SCHEDULE (Effective 9/5/16)
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		CrossPIT 5:30 am		CrossPIT 5:30 am		CrossPIT 5:30 am	
Stretch 6 am		Stretch 6 am		Stretch 6 am		Stretch 6 am		Stretch 6 am			
		CrossPIT 8:30 am		CrossPIT 8:30 am		CrossPIT 8:30 am					
		Yoga 9-10 am		Yoga 9-10 am		Yoga 9-10 am					
										<p>Class Descriptions:</p> <p>CrossPIT: 30 min Conditioning and cardio training following the PIT system. For ages 14 and older or by invitation.</p> <p>Kaju: Kaju material for Adults including forms, boxing, and self-defense.</p> <p>Dragons: Modified Kaju for ages 5-9.</p> <p>Junior Kajukenbo: Kajukenbo for Kids and Teens for ages 10 through approx. age 15.</p> <p>BJJ: Kore Brazilian Jiu-Jitsu Program</p> <p>MMA: High-energy boxing and muay thai as well as traditional boxing drills.</p> <p>Upper Belt Training: Blue belt and higher training or by invitation.</p> <p>Advanced Kaju: 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>Hula: Traditional Hawaiian and Tahitian dancing. Class does not have continuous enrollment for Beginners.</p> <p>Hana Hou Cardio Hula: Enjoy all the traditional steps of Hula dancing while getting in great shape. Appropriate for all levels of fitness with continuous enrollment.</p> <p>FOR MORE INFO: www.kajuaz.com 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	Keikis Hula (Kids) 5:15-6 pm			
Adult Sparring 6:30-7 pm	Kickboxing 6-7 pm	Junior Kaju 6-7 pm	CrossPIT 6 pm	Kickboxing 6-7 pm	Tahitian Hula 6:30-7:15 pm	Junior Kaju 6-7 pm	CrossPIT 6 pm	Hui Pu Wahine/ Makuahine Hula ** 6-7 pm **Not for new students			
Kids Sparring 6:30 - 7 pm			CrossPIT 6:30 pm			Kaju Open Mat PIT Side 6-7 pm	CrossPIT 6:30 pm				
BJJ 7-8:15 pm	Hana Hou Cardio Hula 7-7:30 pm	Adult Kaju 7 - 8 pm				Adult Kaju 7 - 8 pm		Opio/Wahine Hula ** (Intermediate Teens & Women) 7-8 pm **Not for new students			
	Beginner Hula 7:30- 8 pm										