



KAJUKENBO ARIZONA SCHEDULE (Effective 8/16)

Chandler Heights & Recker Road: 3978 East Chandler Heights Road, #101, Gilbert, AZ 85298

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
CrossPIT/ BOOT CAMP 5:30 – 6 am	CrossPIT/ BOOT CAMP 5:30 – 6 am	CrossPIT/ BOOT CAMP 5:30 – 6 am	CrossPIT/ BOOT CAMP 5:30 – 6 am	CrossPIT/ BOOT CAMP 5:30 – 6 am	CrossPIT/ BOOT CAMP 5:30 – 6 am		
CrossPIT 10 - 10:30 am	CrossPIT 10 - 10:30 am	CrossPIT 10 - 10:30 am	CrossPIT 10 - 10:30 am		Core Strength 6-6:15 am		
MMA/ Kickboxing 10:30 - 11 am	MMA/ Kickboxing 10:30 - 11 am	MMA/ Kickboxing 10:30 - 11 am	MMA/ Kickboxing 10:30 - 11 am		Kaju Open Mat 9-10 am		
	Adult Kaju 11-11:30 am		Adult Kaju 11-11:30 am	<p align="center"><u>Class Descriptions:</u></p> <p>CrossPIT: Conditioning and cardio training following the PIT system. For all Adults and Juniors (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 approximately age 15.</p> <p>BJJ: Kore Brazilian Jiu-Jitsu Program</p> <p>MMA: High-energy boxing and muay thai training including cardio, strength and stretch as well as traditional boxing drills.</p> <p>Open Mat: Students may use this time to review material or ask questions.</p> <p>Hula: Traditional Hawaiian and Tahitian dancing.</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 align="center">For More Info: www.kajuaz.com 480-755-3008</p>			
Dragons 5:30 – 6 pm	Dragons 5-5:30 pm	Dragons 5:30 – 6 pm	Dragons 5-5:30 pm			Keikis Hula (Kids) 5:15-6 pm	
	Dragons 5:30 – 6 pm		Dragons 5:30 – 6 pm				
Junior Kaju 6 - 7 pm	Junior Kaju 6 - 7 pm	Junior Kaju 6 - 7 pm	Beginner Hula 6- 7 pm			Junior Kaju 6 - 7 pm	Hui Pu Wahine/ Makuahine Hula 6-7 pm
			Hana Hou 6:30- 7 pm				
CrossPIT 7 – 7:30 pm	CrossPIT 7 – 7:30 pm	CrossPIT 7 – 7:30 pm	CrossPIT 7 – 7:30 pm	CrossPIT 7 – 7:30 pm	Opio/ Wahine Hula 7-8 pm		
Adult Kaju 7:30-8:15 pm	Adult Kaju 7:30-8:15 pm	Open Mat 7-8 pm	Open Mat 7-8 pm	Adult Kaju 7:30-8:15 pm			
	BJJ 7 – 8:15 pm						