



KAJUENBO ARIZONA SCHEDULE - EFFECTIVE SEPTEMBER 2018

888 S. Greenfield Road, Suite 105, Gilbert AZ 85296 • 480-755-3008 • www.kajuaz.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CrossPIT 5 – 5:30 am	CrossPIT 5 – 5:30 am	CrossPIT 5 – 5:30 am	CrossPIT 5 – 5:30 am	CrossPIT 5 – 5:30 am	CrossPIT 5:30 – 6 am
	CrossPIT 10 - 10:30 am MMA/ Kickboxing 10:30 - 11 am Adult Kaju 11-11:30 am		CrossPIT 10 - 10:30 am MMA/ Kickboxing 10:30 - 11 am Adult Kaju 11-11:30 am	BJJ 6-7:30	Open Mat 9 - 10:30 am BJJ 9 - 10:30 am
Class Descriptions:					
<p>CrossPIT: Conditioning and cardio training following the PIT system. For all adults and advanced juniors participating in our martial arts program.</p> <p>Adult Kaju: Traditional martial including forms, boxing, and self-defense for ages 15 and older (and by invitation).</p> <p>Dragons: Modified Kaju for ages 5-9.</p> <p>Juniors: Kajukenbo for kids and teens for ages approximately 10 through age 15.</p> <p>BJJ: Brazilian Jiu-Jitsu and combat sport training that focuses on grappling and ground fighting, following the Kore BJJ system. Appropriate for advanced Dragons and older.</p> <p>MMA/Kickboxing: High-energy boxing and muay thai training including cardio, strength and stretch as well as traditional boxing and MMA drills related to self-defense. Appropriate for ages 15 and older.</p> <p>Open Mat: Students may use this time to review material or ask questions.</p> <p>Sparring: Point sparring training for all ages.</p> <p style="text-align: right;">For More Info: www.kajuaz.com 480-755-3008</p>					
	Dragons 5-5:30 pm	Juniors 5-6 pm		Dragons 5-5:30 pm	Juniors 5-6 pm
Dragons 5:30-6 pm	Dragons 5:30-6 pm CrossPIT 5:30-6 pm		Dragons 5:30-6 pm	Dragons 5:30-6 pm CrossPIT 5:30-6 pm	
Dragons 6-6:30 pm Juniors 6-7 pm CrossPIT/Kickboxing 6-7 pm	Dragons 6-6:30 pm CrossPIT 6:30-7 pm	Juniors 6-7 pm	Dragons 6-6:30 pm Juniors 6-7 pm CrossPIT/Kickboxing 6-7 pm	Dragons 6-6:30 pm CrossPIT 6:30-7 pm	Juniors 6-7 pm
Open Mat 6:30-7:30 pm					
Sparring (Kids & Adults) 7 – 7:30 pm BJJ 7 – 8:15 pm	Adult Kaju 7 – 8 pm		BJJ 7 – 8:15 pm	Adult Kaju 7 – 8 pm	