



## KAJUKENBO ARIZONA SCHEDULE - EFFECTIVE January 2019

888 S. Greenfield Road, Suite 105, Gilbert AZ 85296 • 480-755-3008 • [www.kajuaz.com](http://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/Kickboxing 9 – 10 am	CrossPIT/Kickboxing 10 – 11 am  Adult Kaju 11-11:30 am	CrossPIT/Kickboxing 9 – 10 am	CrossPIT/Kickboxing 10 – 11 am  Adult Kaju 11-11:30 am	BJJ 5-6:30pm	Open Mat 9 - 10:30 am  BJJ 9 - 10:30 am
<p><b>Class Descriptions:</b></p> <p><b>CrossPIT:</b> Conditioning and cardio training following the PIT system. For all adults and advanced juniors participating in our martial arts program.</p> <p><b>Adult Kaju:</b> Traditional martial including forms, boxing, and self-defense for ages 15 and older (and by invitation).</p> <p><b>Dragons:</b> Modified Kaju for ages 5-9.</p> <p><b>Juniors:</b> Kajukenbo for kids and teens for ages approximately 10 through age 15.</p> <p><b>BJJ:</b> 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><b>MMA/Kickboxing:</b> 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><b>Open Mat:</b> Students may use this time to review material or ask questions.</p> <p><b>Sparring:</b> Point sparring training for all ages.</p> <p style="text-align: right;">For More Info: <a href="http://www.kajuaz.com">www.kajuaz.com</a> 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	