



KAJUENBO ARIZONA SCHEDULE - EFFECTIVE October 2019

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/Kickboxing 9 – 10 am Mat Pilates 10-11 am	Mat Pilates 9-10 am CrossPIT/Kickboxing 10 – 11 am Adult Kaju 11-11:30 am	CrossPIT/Kickboxing 9 – 10 am Mat Pilates 10-11 am	Mat Pilates 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
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>Mat Pilates: A way to stretch and strengthen your body, primarily the muscles of the core, which span from your hips to your shoulders. This class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Dress comfortably and all equipment will be provided.</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 Mat Pilates 7-8 pm	Adult Kaju 7 – 8 pm	BJJ 7 – 8:15 pm Mat Pilates 7-8 pm		Adult Kaju 7 – 8 pm	