



KAJUKENBO ARIZONA SCHEDULE - EFFECTIVE May 2020

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
						BJJ 5-6:30pm	Open Mat 9 - 10:30 am BJJ 9 - 10:30 am
						Class Descriptions: CrossPIT: Conditioning and cardio training following the PIT system. For all adults and advanced juniors participating in our martial arts program.	
Dragons 5:30-6 pm	Dragons 5-5:30 pm	Juniors 5-6 pm	Dragons 5:30-6 pm	Dragons 5-5:30 pm	Juniors 5-6 pm	Adult Kaju: Traditional martial including forms, boxing, and self-defense for ages 15 and older (and by invitation).	
	Dragons 5:30-6 pm			Dragons 5:30-6 pm		Dragons: Modified Kaju for ages 5-9.	
	CrossPIT 5:30-6 pm			CrossPIT 5:30-6 pm		Juniors: Kajukenbo for kids and teens for ages approximately 10 through age 15.	
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	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. 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.	
Open Mat 6:30-7:30 pm						Open Mat: Students may use this time to review material or ask questions.	
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		Sparring: Point sparring training for all ages. For More Info: www.kajuaz.com 480-755-3008	