



KAJUENBO ARIZONA SCHEDULE (Effective 12/10/08)

Monday		Tuesday		Wednesday		Thursday		Friday			
CrossPIT 9:30 - 10 am		CrossPIT 9:30 - 10 am		CrossPIT 9:30 - 10 am		CrossPIT 9:30 - 10 am		BJJ 4 – 5:30 pm			
MMA 10 – 10:30 am		MMA 10 – 10:30 am		BJJ 10 – 11 am		MMA 10 – 10:30 am		Saturday Reserved for Special Events			
CrossPIT 10:30 – 11 am		CrossPIT 10:30 – 11 am				CrossPIT 10:30 – 11 am					
Kaju 11 - 11:30 am		Kaju 11 - 11:30 am		Kaju 11 - 11:30 am		Kaju 11 – 11:30 am					
CrossPIT 4:30 - 5 pm		BJJ 4 - 5 pm		CrossPIT 4:30 - 5 pm		CrossPIT 4:30 - 5 pm		<p style="text-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>All MMA & Adult Kaju Students are required to attend at least 2 CrossPIT classes per week.</p> <p>MMA & Kaju Classes are for Adults. MMA 30 min: 3-4 minute warm-up with 25 minutes of MMA material for Adults.</p> <p>MMA 60 min: Includes 30 minute CrossPIT session and 30 minutes of material for Adults.</p> <p>Kaju: 3-4 minutes warm-up with 25 minutes of Kaju material for Adults.</p> <p>Dragons: Modified Kaju for ages 5-9.</p> <p>Dragons I: Classes for ages 5-6.</p> <p>Dragons II: Classes for ages 7-9.</p> <p style="text-align: center;">Junior Kajukenbo:</p> <p>Kajukenbo for Kids and Teens for ages 10 through approximately 15.</p> <p>Sparring: Point sparring techniques and drills.</p> <p>Boxing: Techniques, hand and foot drills for adults.</p> <p>Grappling: Judo & Jiu-jitsu for Adults.</p> <p>BJJ: Traditional Brazilian Jiu-Jitsu training.</p> <p>Strength Training: Traditional strength training and stretching.</p> <p style="text-align: center;">For More Info: www.kajuaz.com 480-755-3008</p>			
				Dragons I 5 - 5:30 pm		Dragons I 5 – 5:30 pm	Strength Training 5 – 5:30 pm			Dragons 5 – 5:30 pm	Strength Training 5 – 5:30 pm
Jr. Kaju 5:30 - 6:30 pm		MMA 5:30 - 6:30 pm		Dragons II 5:30 - 6 pm		Jr. Kaju 5:30 – 6:30 pm				MMA 5:30 - 6:30 pm	
				Dragons II 5:30 - 6 pm							
Kids Sparring 6:30 – 7 pm		Jr. Kaju 6 - 7 pm	MMA 6 - 7 pm	Adult Sparring 6:30 – 7 pm		Jr. Kaju 6 - 7 pm	MMA 6 - 7 pm				
Kaju Forms 7 – 7:30 pm		MMA 7- 7:30 pm		Boxing 7 – 7:30 pm		MMA 7- 7:30 pm					
CrossPIT 7:30 – 8 pm		CrossPIT 7:30 – 8 pm		BJJ 7:30 – 9 pm		CrossPIT 7:30 – 8 pm					
Grappling 8 – 9 pm		Kaju 8 – 8:30 pm				Kaju 8 – 8:30 pm					