



KAJUENBO ARIZONA SCHEDULE (Effective 11/10/08)

Monday	Tuesday	Wednesday	Thursday	Friday & Saturday Reserved for Seminars, Testing and Clinics
CrossPIT 9:30 - 10 am	CrossPIT 9:30 - 10 am	CrossPIT 9:30 - 10 am	CrossPIT 9:30 - 10 am	<p style="text-align: center;"><u>Class Descriptions:</u></p> <p><u>CrossPIT:</u> 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><u>MMA & Kaju</u> Classes are for Adults.</p> <p><u>MMA 30 min:</u> 3-4 minute warm-up with 25 minutes of MMA material for Adults.</p> <p><u>MMA 60 min:</u> Includes 30 minute CrossPIT session and 30 minutes of material for Adults.</p> <p><u>Kaju:</u> 3-4 minutes warm-up with 25 minutes of Kaju material for Adults.</p> <p><u>Dragons:</u> Modified Kaju for ages 5-9. <u>Dragons I:</u> Classes for ages 5-6. <u>Dragons II:</u> Classes for ages 7-9.</p> <p style="text-align: center;"><u>Junior Kajukenbo:</u> Kajukenbo for Kids and Teens for ages 10 through approximately 15.</p> <p><u>Sparring:</u> Point sparring techniques and drills.</p> <p><u>Boxing:</u> Techniques, hand and foot drills for adults.</p> <p><u>Grappling:</u> Judo & Jiu-jitsu for Adults. <u>BJJ:</u> Traditional Brazilian Jiu-Jitsu training. <u>Forms:</u> Kaju forms for Adults and Juniors.</p> <p style="text-align: center;">www.kajuaz.com 480-755-3008</p>
MMA 10 - 10:30 am	MMA 10 - 10:30 am	MMA 10 - 10:30 am	MMA 10 - 10:30 am	
CrossPIT 10:30 - 11 am	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	CrossPIT 4:30 - 5 pm	CrossPIT 4:30 - 5 pm	CrossPIT 4:30 - 5 pm	
Dragons 5 - 5:30 pm	Dragons I 5 - 5:30 pm	Dragons 5 - 5:30 pm	Dragons I 5 - 5:30 pm	
Jr. Kaju & MMA 5:30 - 6:30 pm	Dragons II 5:30 - 6 pm	Jr. Kaju & MMA 5:30 - 6:30 pm	Dragons II 5:30 - 6 pm	
Sparring All Ages 6:30 - 7 pm	Jr. Kaju & MMA 6 - 7 pm	CrossPIT 6:30 - 7 pm	Jr. Kaju & 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	