

# EXCEL JIU JITSU MMA & FITNESS

## UPCOMING EVENTS

JULY 2024

*\*This Newsletter is not set in stone. Make sure to check revisions often, as All events are subject to change*

### July Events:

July 2 ▶ Tuesday's; **July SPECIALIZED TRAINING** BEGINS; Each Tues = **6:15-7:10pm NO-Gi** 'Knee on Belly Domination' = 5 sessions. \*NO Charge Members; Jr KiDS need Permission

July 4 ▶ Thurs; NO Group Classes: **Open Mat/Gym Session 9 -11am**  
4th of July \* Independence Day Holiday

July 12 ▶ Fri; Fight 2 Win Grappling Event San Diego  
Prof Djavan Competing **Doors open 5pm**; Town & Country; Hotel Circle  
\*Tickets: Contact Prof Djavan .

July 14 ▶ Sun; IBJJF KiDS **Orange County Summer** Jiu Jitsu Tournament; Fullerton  
www.ibjjf.com

July 15-19 ▶ **Mon-Fri; KiDS Martial Arts Summer Camp! 9:30am-1:30pm M-F;**  
➡ Camp is open to the public, bring some friends! \*See Front Desk for pricing.  
Email: [info@exceljiujitsu.com](mailto:info@exceljiujitsu.com) for more info, check discounts, or to sign up

July 20-21 ▶ Sat & Sun; Jiu Jitsu World League **CHAMPIONS CUP**; KiDS Tournament; Los Angeles  
www.jjworldleague.com

July 27 ▶ Sat; KiDS Belt Testing **9:30-10:15am**; Belt Presentation **10:45am**  
\*See Front Desk for KiDS testing fees.

July 27 ▶ Sat; BJJ Workshop; **Standing Guard Passing 12 - 2pm**; Adults + Jr KiDS; \$25

July 28 ▶ Sun; **Clean Team Party** (Volunteer) **11am - 12pm**. **Pizza Party @ Noon**.

### PRIVATE LESSON SPECIALS AVAILABLE THIS MONTH

\*See Front Desk for special pricing with your favorite trainer.



### Refer a friend and earn \$100 Excel Dollars

Earn \$100 Excel Dollars to use towards gear, uniforms, tuition, private lessons, etc., when you refer a friend to sign up

\*Let us know that you reviewed us on Yelp, Google, Facebook, we'll give you \$25 Excel dollars . Thank you in advance!