

# EXCEL JIU JITSU MMA & FITNESS

## UPCOMING EVENTS OCTOBER - NOVEMBER 2024

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

### October Events:

October 2 ▶ **Wednesday's; Adults Competition Team Gi Training 6:15-7:10pm = 6 sessions** ←

October 12 ▶ **Sat; Jiu Jitsu World League San Diego Jiu Jitsu Tournament; Del Mar**  
www.jjworldleague.com **Adults + KiDS**

October 14 ▶ **Mon; NO Group Classes: Open Mat Sessions available 9 -11am & 5-6:30pm**  
**Columbus Day Holiday**

October 25 ▶ **Fri; Kids Movie Night — Halloween / Pizza Party 6:30-8:00pm** ←  
**Pre-Register by Oct 24th = \$25 | Day of event price = \$30.**

October 26 ▶ **Sat; Kids Belt Testing 9:30-10:15am; Belt Presentation 10:45am**  
**\*See Front Desk for Kids testing fees.**

October 26 ▶ **Sat; BJJ Workshop; Single Leg Attack System 12 - 2pm; Adults + Jr Kids; \$25**

### November Events:

November 1 ▶ **Friday's; KiDS' Competitor Camp begins Every Friday 4-5pm. = 6 sessions** ←  
High Level training for the serious athlete. **\*See Front Desk for pricing.**

November 3 ▶ **Sun; Clean Team Party (Volunteer) 11am - 12pm. Pizza Party @ Noon**

November 9 ▶ **Sat; Jiu Jitsu World League Pan Americans BJJ Tournament Long Beach; Adults**  
www.jjworldleague.com

November 10 ▶ **Sun; Jiu Jitsu World League Pan Americans BJJ Tournament Long Beach; KiDS**  
www.jjworldleague.com

November 11 ▶ **Mon; NO Group Classes: Open Mat Sessions available 9 -11am & 5-6:30pm**  
**Veteran's Day Holiday**

November 13 ▶ **Wed; Adults In-House Jiu Jitsu Competition 6:15pm - 8:00pm \$25** ←  
**\*Sign up early!.** ★

November 16 ▶ **Sat; Kids Belt Testing 9:30-10:15am; Belt Presentation 10:45am**  
**\*See Front Desk for Kids testing fees.**

November 16 ▶ **Sat; BJJ Workshop; Escapes (comes w/outline) 12-2pm; Adults + Jr Kids; \$25**

November 25-26 ▶ **Mon & Tues; Kids Martial Arts Thanksgiving 2 day Camp 9:30am-1:30pm**  
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

November 28 ▶ **Thurs; NO Group Classes; Open Mat available 'Annual Turkey Roll' 9-11am**

November 30 ▶ **Saturday; NO Group Classes; Open Mat / Gym Session available 9-11am**

December 7 ▶ **Sat; KiDS In-House Tournament 9:30am-1:00pm \*Sign up early!.**