

Excel Jiu Jitsu MMA & Fitness



November 2024

Excel Jiu Jitsu MMA & Fitness 4093 Oceanside Blvd. Ste 'D', Oceanside, CA 92056 www.exceljiujitsu.com email: info@exceljiujitsu.com 760-726-2279

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		6:00 - 7:00am Jiu Jitsu Gi Adults	6:00 - 7:00am Jiu Jitsu No-Gi Adults	6:00 - 7:00am Jiu Jitsu Gi Adults	6:00 - 7:00am Jiu Jitsu Gi Adults	6:00 - 7:00am Jiu Jitsu No-Gi Adults	8:30-9:30am Cardio Boxing Women's only
8:00am		9:00 - 10:30am Jiu Jitsu Gi Adults	9:00 - 10:30am Jiu Jitsu No-Gi Adults	9:00 - 10:30am Jiu Jitsu Gi Adults			9:00 - 10:25am Jiu Jitsu No-Gi Adults
9:30am	ACADEMY CLOSED (Private training only)						9:30 - 10:15am Kids all levels Boxing
10:30am							10:30 - 11:15am Kids all levels Gi Jiu Jitsu
10:30am							11:15am - 12:10pm Junior Kids Advance Gi Jiu Jitsu
11:15am							12:15pm - 1:30pm Jiu Jitsu Gi Adults
12:15pm					12:15pm - 1:30pm Jiu Jitsu Gi Adults	12:15pm - 1:30pm Jiu Jitsu No-Gi Adults	12:15pm - 1:30pm Jiu Jitsu Gi Adults
4:00pm		4:00 - 4:30pm Junior Kids Competition Team	4:00 - 4:30pm Junior Kids Competition Team	4:00 - 4:30pm Junior Kids Competition Team	4:00 - 4:30pm Junior Kids Competition Team	4:00 - 5:00pm	
4:30pm		4:30 - 5:10pm Tiny Tuff Kids Boxing/Kickboxing	4:30 - 5:10pm Tiny Tuff Kids Gi Jiu Jitsu	4:30 - 5:10pm Tiny Tuff Kids Boxing/Kickboxing	4:30 - 5:10pm Tiny Tuff Kids NO-Gi Jiu Jitsu	FITNESS GET IN SHAPE Adults	
		4:30 - 5:10pm Junior Kids Advance Gi Jiu Jitsu	4:30 - 5:10pm Women's Gi Jiu Jitsu	4:30 - 5:10pm Junior Kids Advance NO-Gi Jiu Jitsu	4:30 - 5:10pm Women's NO-Gi Jiu Jitsu		
5:15pm		5:15 - 6:10pm Junior Kids Kickboxing / MMA	5:15pm - 6:10pm FITNESS GET IN SHAPE Adults	5:15 - 6:10pm Junior Kids Kickboxing / MMA	5:15 - 6:10pm BJJ NO-Gi DRILLING Adults (Jr KIDS w/Permission)	5:00pm - 6:30pm	
		5:15 - 6:10pm all Kids + Adults Family Training	5:15 - 6:10pm Junior Kids Fundamental Gi Jiu Jitsu	5:15 - 6:10pm all Kids + Adults Family Training	5:15 - 6:10pm Junior Kids Fundamental No-Gi Jiu Jitsu	Team Members Open Mat / Gym Non-Members = \$20	
6:15pm		6:15 - 7:10pm MMA Adults (Level 1 & 2)	6:15 - 7:10pm Kickboxing 'Mitts' Class Adults (Jr KIDS w/Permission)	6:15 - 7:10pm MMA Adults (Level 1 & 2)	6:15 - 7:15pm MMA Adults (Level 1 & 2)	Check out our website: www.ExcelJiuJitsu.com 	
	KIDS CAMP!	6:15 - 7:15pm Jiu Jitsu Gi Adults Fundamentals	6:15 - 7:15pm Jiu Jitsu NO-Gi Adults 'North South Attack Position' Adults (Jr KIDS w/Permission)	6:15 - 7:15pm Jiu Jitsu Gi Adults Fundamentals	6:15 - 7:15pm Jiu Jitsu NO-Gi Adults Fundamentals		
7:15pm		7:15 - 8:15pm KickBoxing MMA Adults (Level 1 & 2)	7:15 - 8:15pm KickBoxing MMA Adults (Level 1 & 2)	7:15 - 8:15pm KickBoxing MMA Adults (Level 1 & 2)	7:15 - 8:15pm MMA Adults SPARRING	 ✓ CERTAIN RESTRICTIONS APPLY, SEE CLUB FOR DETAILS • NO Group Classes • Nov 11th Mon = Veterans Day Monday Nov 11th Open Mat/Gym = 9-11am & 5-6:30pm	
		7:15 - 8:00pm Jiu Jitsu Gi SPARRING	7:15 - 8:00pm NO-Gi SPARRING	7:15 - 8:00pm Jiu Jitsu Gi SPARRING	7:15 - 8:00pm NO-Gi SPARRING		

\$20 Drop in fee per class for Non-Members **This includes OPEN MAT Training

SIGN UP SPECIALS ■ FAMILY DISCOUNTS ■ GET STARTED

KIDS CAMP
 Thanksgiving Week
 November 25 & 26th
 Mon & Tues 9:30am - 1:30pm

starts **Nov 1st** = **KIDS Competitor Camp 4pm-5pm** Friday Training Sessions
 See Front Desk for details
Wed Nov 13th = **Adults In-House Competition**
 6:15pm-8pm \$25 Open Mat training after competition
Sat Nov 16th = **KIDS Belt Testing 9:30am-10:15am** *See Front Desk for testing fees
Sat Nov 16th = **Escapes Workshop 12-2pm cost: \$25**

Thanksgiving Weekend
Thurs & Sat Nov 28th & 30th = NO Group Classes
Thurs Nov 28th = 'Turkey Roll' Open Mat 9am-11am
Fri Nov 29th = Open Mat 5pm-6:30pm • Sat Nov 30th Open Mat 9am-11am
Sat Dec 7th = Kids In-House Tournament 9:30am-1pm