

# EXCEL JIU JITSU MMA & FITNESS

## UPCOMING EVENTS

**JANUARY–FEBRUARY 2025**

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

### January Events:

- December 31 ▶ **Tues; NO Group Classes: Special Open Mat Session: 9 -11am** New Years Eve
- January 1 ▶ **Wed; NO Group Classes: Special Open Mat Sessions: 9 -11am & 5-6:30pm**  
New Years Day 'Start the year Strong'.
- January 4 ▶ **Sat; BJJ Workshop; Guard Retention 12-2pm; Adults + Jr Kids; \$25**
- January 6 ▶ **Monday's; SPECIALIZED TRAINING Each Monday (Except MLK Holiday Jan 20th)**  
**Gi Class 6:15 –7:15pm 'Gi Chokes' = 3 sessions. \*NO Charge Members;**
- January 7 ▶ **Tuesday's; SPECIALIZED TRAINING Begins... Each Tuesday**  
**No-Gi Class 6:15 –7:15pm 'No-Gi Chokes' = 4 sessions. \*NO Charge Members;**
- January 20 ▶ **Mon; NO Group Classes: Open Mat/ Gym Sessions 9 -11am & 5-6:30pm**  
MLK Holiday

### February Events:

- February 3 ▶ **Monday's; SPECIALIZED TRAINING Monday's \*Except Presidents day Holiday Feb 17th**  
**Gi Class 6:15 –7:15pm 'Spider Guard' = 3 sessions. \*NO Charge Members;**
- February 4 ▶ **Tuesday's; SPECIALIZED TRAINING Begins... Each Tuesday**  
**No-Gi Class 6:15 –7:15pm 'Footlocks' = 4 sessions. \*NO Charge Members;**
- February 7 ▶ **Friday's; KiDS' Competitor Camp Begins Every Friday 4-5pm. = 4 Sessions**  
High Energy, competition training **\*Free for KiDS In-House Competitors.**
- February 17 ▶ **Mon; NO Group Classes: Open Mat/ Gym Sessions 9 -11am & 5-6:30pm.**  
Presidents Day Holiday
- February 22 ▶ **Sat; Kids Belt Testing 9:30-10:15am; Belt Presentation 10:45am**  
**\*See Front Desk for Kids testing fees.**
- February 22 ▶ **Sat; BJJ Workshop; Standing Guard Pass 12-2pm; Adults + Jr Kids; \$25**
- March 1 ▶ **Sat; KiDS In-House Tournament 9:30am-1:00pm;**  
**\$40 Sign up at door, Day of the Event = Juniors & Tiny Tuff**  
**\$30 Juniors & \$25 Tiny Tuff when you register by Fri Feb 28th**  
**\*Early Bird registration ends Thurs Feb 13th for best price. See Prof Kidd.**