

Excel Jiu Jitsu MMA & Fitness



January 2025

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 | | | | | | | | |
| 10:30am | | | | | | | | 10:30- 11:15am Kids all levels Gi Jiu Jitsu |
| 11:15am | | | | | | | | 11:15am - 12:10pm Junior Kids Advance Gi Jiu Jitsu |
| 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 | | | |
| 4:30pm | | 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 | | | |
| | | 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 | | 5:00pm - 6:30pm Team Members Open Mat / Gym Non-Members = \$20 | | |
| | | 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 | | | |
| 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) | | | |
| | | 6:15 - 7:15pm Jiu Jitsu Gi Adults 'Gi Chokes Curriculum' Adults (Jr KIDS w/Permission) | 6:15 - 7:15pm Jiu Jitsu NO-Gi Adults 'NO GI Chokes Curriculum' 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 | | | |
| | | 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 | | | |



2025
Try Us!
3 DAYS FREE TRIAL
✓ CERTAIN RESTRICTIONS APPLY, SEE CLUB FOR DETAILS

\$20 Drop in fee per class for Non-Members **This includes OPEN MAT Training
SIGN UP SPECIALS ■ **FAMILY DISCOUNTS** ■ **GET STARTED**
 Check out our website: www.ExcelJiuJitsu.com

• NO Group Classes •
Jan 20th Mon = MLK HOLIDAY
Monday Jan 20th
Open Mat/Gym 9-11am & 5-6:30pm

Jan 1st Wed = Open Mat 9-11am & 5-6:30pm New Years Day
Jan 4th Sat = Guard Retention Workshop 12-2pm
 Junior Kids + Adults • Cost of workshop is \$25

January classes = Specialized Training Monday Training Sessions
 6, 13 & 27th = 'Gi Chokes Curriculum' *NO Charge for members
January classes = Specialized Training Tuesday Training Sessions
 7, 14, 21 & 28th = 'NO-Gi Chokes Curriculum' *NO Charge for members