

EXCEL JIU JITSU MMA & FITNESS

UPCOMING EVENTS

FEBRUARY - MARCH 2025

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

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 Excel KiDS Competitors.**

February 17 ▶ **Mon; NO Group Classes: Open Mat/ Gym Sessions 9 -11am & 5-6:30pm.**
Presidents Day Holiday

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

February 15 ▶ **Sat; BJJ Workshop; Standing Guard Pass 12-2pm;** Adults + Jr Kids; **\$25**

March Events:

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.**

March 3 ▶ **Monday's; SPECIALIZED TRAINING** *Each Monday*
*Gi Class 6:15 -7:15pm 'Collar and Sleeve Guard' = 5 sessions. *NO Charge Members;*

March 4 ▶ **Tuesday's; SPECIALIZED TRAINING** *Begins... Each Tuesday*
*No-Gi Class 6:15 -7:15pm 'Knee Bar City' = 4 sessions. *NO Charge Members;*

March 8 ▶ **Sat; Kids Belt Testing 9:30-10:15am;** Belt Presentation **10:45am**
***See Front Desk for Kids testing fees.**

March 8 ▶ **Sat; BJJ Workshop; Submission Escapes 12-2pm;** Adults + Jr Kids; **\$25**

☆ PRIVATE LESSON **SPECIALS** AVAILABLE THIS MONTH ☆