

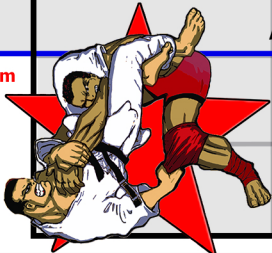
Excel Jiu Jitsu MMA & Fitness



February 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	8:45-9:30am 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	5:15 - 7:10pm MMA Adults (Level 1 & 2)	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 2)			
		6:15 - 7:15pm Jiu Jitsu Gi Adults 'Spider Guard Curriculum' Adults (Jr KIDS w/Permission)	6:15 - 7:15pm Jiu Jitsu NO-Gi Adults 'Footlock City 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 - 8:00pm 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			



Hello...
FEBRUARY

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** •
Feb 17th Mon - Presidents Day
Monday Feb 17th
Open Mat/Gym 9-11am & 5-6:30pm

Feb 7, 14, 21, 28 KiDS Competitor Camp Friday 4-5pm Level Up Training
See Front Desk for details
Feb 15th Sat = KiDS Belt Testing 9:30am Presentation 10:45am
*See Front Desk for testing fees
Feb 15th Sat = Standing Guard Passing Workshop 12-2pm
Junior Kids + Adults • Cost of workshop is \$25

February classes = Specialized Training Monday Training Sessions
3, 10 & 24th = 'Spider Guard Curriculum' *NO Charge for members
February classes = Specialized Training Tuesday Training Sessions
4, 11, 18 & 25th = 'Foot Lock City Curriculum' *NO Charge for members