

EXCEL JIU JITSU MMA & FITNESS

UPCOMING EVENTS

APRIL - MAY 2025

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

April Events:

- April 1 ► **Tuesday's; SPECIALIZED TRAINING** Begins... *Each Tuesday*
*No-Gi Class 6:15 – 7:15pm 'Heel Hooks & Toe Holds' = 5 sessions. *NO Charge Members;*
- April 2 ► **Wednesday's; Adults Competition Team Gi Training BEGINS; on Wed 6:15-7:10pm**
DRILL TO WIN WORKOUTS = 6 sessions. *NO Charge Members.
- April 5 ► **Sat; Kids Belt Testing 9:30-10:15am; Belt Presentation 10:45am**
**See Front Desk for Kids testing fees.*
- April 5 ► **Sat; BJJ Workshop; Bottom Half Guard Attacks 12-2pm; Adults + Jr Kids; \$25**
- April 7 ► **Monday's; SPECIALIZED TRAINING** Begins... *Each Monday *Except Mon April 14th*
*Gi Class 6:15 – 7:15pm 'Lasso Guard' = 3 sessions. *NO Charge Members;*
- April 14 ► **Mon; Belt Promotion Ceremony 6:15-7pm | OPEN MAT 7:15-8pm**
TEAM EVENT = BE HERE OR BE SQUARE!

May Events:

- May 5 ► **Monday's; SPECIALIZED TRAINING** Begins... *Each Monday*
*Gi Class 6:15 – 7:15pm '2 on 1 GUARD' = 4 sessions. *NO Charge Members;*
- May 6 ► **Tuesday's; SPECIALIZED TRAINING** Begins... *Each Tuesday*
*No-Gi Class 6:15 – 7:15pm 'Leg Locks Intermediate' = 4 sessions. *NO Charge Members;*
- May 7 ► **Wednesday's; Adults Competition Team Gi Training Continues; 6:15-7:10pm**
DRILL TO WIN WORKOUTS = Last session. *NO Charge Members.
- May 10 ► **Sat; Kids Belt Testing 9:30-10:15am; Belt Presentation 10:45am**
**See Front Desk for Kids testing fees.*
- May 10 ► **Sat; BJJ Workshop; Closed Guard Attacks 12 - 2pm; Adults + Jr Kids; \$25**
- May 14 ► **Wed; Adults In-House Jiu Jitsu Competition 6:15 - 8pm \$25**
***Sign up early!** Teammate vs teammate. Best 2 out of 3. In case of a tie = 1 min OT.
- May 24 ► **Sat; Jiu Jitsu World League 'WORLDS' Jiu Jitsu Tournament; Adults; Los Angeles**
www.jjworldleague.com
- May 25 ► **Sun; Jiu Jitsu World League 'WORLDS' Jiu Jitsu Tournament; KiDS; Los Angeles**
www.jjworldleague.com
- May 26 ► **Mon; NO Group Classes: Open Mat Sessions 9 - 11am & 5-6:30pm**
Memorial Day Holiday