

# EXCEL JIU JITSU MMA & FITNESS

## UPCOMING EVENTS

JUNE - JULY 2025

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

### June Events:

- June 2 ► **Monday's; SPECIALIZED TRAINING** Begins... *Each Monday*  
*Gi Class 6:15 –7:15pm 'Omoplata System' = 5 sessions. \*NO Charge Members;*
- June 3 ► **Tuesday's; SPECIALIZED TRAINING** Begins... *Each Tuesday*  
*No-Gi Class 6:15 –7:15pm 'Arm Lock City' = 4 sessions. \*NO Charge Members;*
- June 4 ► **Wednesday's; SPECIALIZED TRAINING** Begins... *Each Wednesday*  
*Gi Class 6:15 –7:15pm 'BJJ FOR JUDO' = 4 sessions. \*NO Charge Members;*



June 7 ► **Sat; KiDS In-House Tournament**   
\$40 Sign up at door, **Day of the Event = Juniors & Tiny Tuff**  
\$30 Juniors & \$25 Tiny Tuff when you register After **May 23 up to June 6th**

June 14 ► **Sat; Kids Belt Testing 9:30-10:15am; Belt Presentation 10:45am**  
*\*See Front Desk for Kids testing fees.*

June 14 ► **Sat; BJJ Workshop; Back Attacks 12 - 2pm; Adults + Jr Kids; \$25**

### July Events:

- July 1 ► **Tuesday's; SPECIALIZED TRAINING** Begins... *Each Tuesday*  
*No-Gi Class 6:15 –7:15pm 'Escape Systems' = 5 sessions. \*NO Charge Members;*
- July 4 ► **Fri; NO Group Classes \*except 6am. 6am class is still a go: Open Mat 6-7:30pm**  
**4th of July \* Independence Day Holiday**
- July 7 ► **Monday's; SPECIALIZED TRAINING** Begins... *Each Monday*  
*Gi Class 6:15 –7:15pm 'Gi Chokes' = 4 sessions. \*NO Charge Members;*

July 7-11 ► **Mon-Fri; KiDS Martial Arts Summer Camp! 9:30am-1:30pm M-F;**  
 Camp is open to the public, bring some friends! *\*See Front Desk for pricing.*  
Email: **info@exceljiujitsu.com** for more info, check discounts, or to sign up 

July 12 ► **Sat; KiDS Belt Testing 9:30-10:15am; Belt Presentation 10:45am**  
*\*See Front Desk for KiDS testing fees.*

July 12 ► **Sat; BJJ Workshop; Combat Base Passing 12 - 2pm; Adults + Jr KiDS; \$25**

PRIVATE LESSON **SPECIALS** AVAILABLE THIS MONTH