

Excel Jiu Jitsu MMA & Fitness



June 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 Wardio 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)	KIDS CAMP IN JULY: KIDS Martial Arts Summer Camp July 7th - 11th Mon-Fri 9:30am-1:30pm Pre-Registration discounts Member specials - check Front Desk Sign up at Front Desk or email: info@exceljiujitsu.com					9:30 - 10:15am Kids all levels Boxing
10:30am							10:30 - 11:15am Kids all levels Gi Jiu Jitsu
10:30am							11:15am - 12:10pm Junior Kids
11:15am							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 Gi Jiu Jitsu 4:30 - 5:10pm Junior Kids Advance Gi Jiu Jitsu	4:30 - 5:10pm Tiny Tuff Kids Gi Jiu Jitsu 4:30 - 5:10pm Women's Gi Jiu Jitsu	4:30 - 5:10pm Tiny Tuff Kids Boxing/Kickboxing Gi Jiu Jitsu 4:30 - 5:10pm Junior Kids Advance NO-Gi Jiu Jitsu	4:30 - 5:10pm Tiny Tuff Kids NO-Gi Jiu Jitsu 4:30 - 5:10pm Women's NO-Gi Jiu Jitsu		
5:15pm		5:15 - 6:10pm Junior Kids Kickboxing / MMA 5:15 - 6:10pm all Kids + Adults Family Training	5:15pm - 6:10pm POWER BOXING Adults 5:15 - 6:10pm Junior Kids Fundamental Gi Jiu Jitsu	5:15 - 6:10pm Junior Kids Kickboxing / MMA 5:15 - 6:10pm all Kids + Adults Family Training	5:15 - 7:10pm MMA Adults (Level 1 & 2) 5:15 - 6:10pm Junior Kids Fundamental No-Gi Jiu Jitsu	6:00pm - 7:30pm Team Members Open Mat / Gym Non-Members = \$20	
6:15pm		6:15 - 7:10pm MMA Adults (Level 1 & 2) 6:15 - 7:15pm Jiu Jitsu Gi Adults 'Omoplate System' Adults (Jr KIDS w/Permission)	6:15 - 7:10pm Kickboxing 'Mitts' Class Adults (Jr KIDS w/Permission) 6:15 - 7:15pm Jiu Jitsu NO-Gi Adults 'Armlock City' Adults (Jr KIDS w/Permission)	6:15 - 7:10pm MMA Adults (Level 1 & 2) 6:15 - 7:15pm JUDO FOR BJJ 'Takedown & Throws' Adults (Jr KIDS w/Permission)	6:15 - 7:15pm MMA Adults (Level 2) 6:15 - 7:15pm TAKEDOWN CLASS NO-Gi Adults (Jr KIDS w/Permission)		
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		

Time change

Hello Summer

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

June 7th Sat = Kids In-House Tournament
9:30am-1:00pm *See Front Desk for pricing

June 14th Sat = BACK ATTACKS Workshop 12-2pm
Junior Kids + Adults • Cost of workshop is \$25

June 14th Sat = Kids Belt Testing 9:30am Presentation 10:45am
*See Front Desk for testing fees

June classes 2, 9, 16, 23 & 30th = **Specialized Training** Monday Training Sessions
June classes 3, 10, 17 & 24th = **Specialized Training** Tuesday Training Sessions
June classes 6, 11, 18 & 25th = **Specialized Training** Wednesday Training Sessions

NEVER QUIT NEVER SURRENDER