

Excel Jiu Jitsu MMA & Fitness



January 2026

Excel Jiu Jitsu MMA & Fitness 4093 Oceanside Blvd. Ste 'D', Oceanside, CA 92056 www.exceljiujitsu.com email: info@exceljiujitsu.com 760-726-2279

STRONG BODY • STRONG MIND • STRONG SPIRIT

	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							10:30- 11:15am Kids all levels Gi Jiu Jitsu
10:30am							11:15am - 12:10pm Junior Kids Advance Gi Jiu Jitsu
11:15am							
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 - 6pm OPEN GYM	5:15 - 6:10pm Junior Kids Kickboxing / MMA	5:15pm - 6pm OPEN GYM	5:00pm - 6:30pm Team Members Open Mat / Gym Non-Members = \$20	
6:15pm		6:15pm - 7:30pm BOXING Adults (ALL Levels)	6:15 - 7:15pm MMA Adults (ALL Levels)	6:15pm - 7:30pm BOXING Adults (ALL Levels)	6:15 - 7:15pm MMA Adults SPARRING		
		6:15 - 7:15pm Jiu Jitsu Gi Adults Fundamentals	6:15 - 7:15pm Jiu Jitsu NO-Gi Adults Fundamentals	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		



START
the year
STRONG

• **NO GROUP CLASSES** •
Jan 19th Mon = MLK HOLIDAY
 *Except 6am BJJ is still a go!
Monday Jan 19th
Open Mat/Gym 9-11am & 5-6:30pm

Jan 1st Thurs = Open Mat 9-11am New Years Day
Jan 17th Sat = KiDS Belt Testing 9:30am Presentation 10:45am
 *See Front Desk for testing fees
Jan 17th Sat = Guard Retention Workshop 12-2pm
 Junior Kids + Adults • Cost of workshop is \$25

\$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