

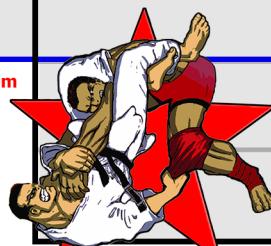
Excel Jiu Jitsu MMA & Fitness



February 2026

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|--|--|---|--|---|--|
| 6:00am - 8:00am | 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 |
| 9:30am | 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 |
| 10:30am | ACADEMY CLOSED (Private training only) | | | | | 9:30 - 10:10am Kids all levels MMA |
| 10:30am | | | | | | 10:30 - 11:15am Kids all levels Gi Jiu Jitsu |
| 11:15am | Check out our website: www.ExcelJiuJitsu.com | | | | | 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 MMA FITNESS | 4:30 - 5:10pm Tiny Tuff Kids Gi Jiu Jitsu | 4:30 - 5:10pm Tiny Tuff Kids MMA FITNESS | 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 MMA / SELF DEFENSE | 5:15pm - 6pm OPEN GYM | 5:15 - 6:10pm Junior Kids MMA / SELF DEFENSE | 5:15pm - 6pm OPEN GYM | | |
| | 5:15 - 6:10pm Kids Adults FAMILY INTRO to JIU JITSU | 5:15 - 6:10pm Fundamental Gi Jiu Jitsu | 5:15 - 6:10pm Kids Adults FAMILY INTRO to JIU JITSU | 5:15 - 6:10pm Fundamental No-Gi Jiu Jitsu | 5:30pm - 7:00pm Team Members Open Mat / Gym Non-Members = \$20 | |
| 6:15pm | 6:15pm - 7:15pm MMA Adults (ALL Levels) | 6:15 - 7:15pm MMA Adults (ALL Levels) | 6:15pm - 7:15pm MMA Adults (ALL Levels) | 6:15 - 7:15pm MMA Adults SPARRING | | |
| | 6:15 - 7:15pm Jiu Jitsu Gi Adults 'Gi Chokes' Adults + Junior KIDS | 6:15 - 7:15pm Jiu Jitsu NO-Gi Adults 'Leg Locks' Adults + Junior KIDS | 6:15 - 7:15pm Jiu Jitsu Gi Adults 'Defense & Escapes' Adults + Junior KIDS | 6:15 - 7:15pm Jiu Jitsu NO-Gi Adults 'Wrestling Takedowns' Adults + Junior KIDS | | |
| 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 | | |



• **NO Group Classes** •
Feb 16th Mon = Presidents Day
 Monday Feb 16th
Open Mat/Gym 9-11am & 5-6:30pm

Feb 7th Sat = KiDS Belt Testing 9:30am Presentation 10:45am
*See Front Desk for testing fees
Feb 7th Sat = Standing Guard Passing Workshop 12-2pm
Junior Kids + Adults • Cost of workshop is \$25
Feb 13th Fri = KiDS Movie Night Valentine's Party 6:30-8pm
Cost \$40 Parents Night Out, WAY BETTER THAN A BABYSITTER!

February classes = Specialized Training Monday Training Sessions
 2, 9 & 23rd
*NO Charge for members
February classes = Specialized Training Tuesday Training Sessions
 3, 10, 17 & 24th
*NO Charge for members
Feb 15th Sun = Tap Cancer Out BJJ Open San Diego
Jiu Jitsu Tournament for Kids Adults tacancerout.org

SIGN UP SPECIALS • FAMILY DISCOUNTS • This includes OPEN MAT Training
Check out our website: www.ExcelJiuJitsu.com
\$20 Drop in fee per class for Non-Members ****This includes OPEN MAT Training**
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