

Excel Jiu Jitsu MMA & Fitness



February 2026

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

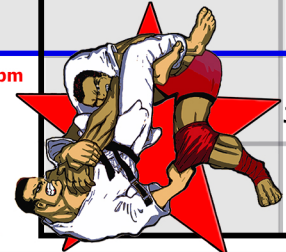
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am 8:00am		6:00 - 7:00am Jiu Jitsu Gi Adults	6:00 - 7:00am Jiu Jitsu No-Gi Adults	6:00 - 7:00am Jiu Jitsu Gi Adults	6:00 - 7:00am Jiu Jitsu Gi Adults	6:00 - 7:00am Jiu Jitsu No-Gi Adults	8:45-9:30am Cardio Boxing Women's only
	ACADEMY CLOSED (Private training only)	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							9:30 - 10:10am Kids all levels MMA
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 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	5:30pm - 7:00pm Team Members Open Mat / Gym Non-Members = \$20	
		5:15 - 6:10pm Kids Adults FAMILY INTRO to JIU JITSU	5:15 - 6:10pm Junior Kids Fundamental Gi Jiu Jitsu	5:15 - 6:10pm Kids Adults FAMILY INTRO to JIU JITSU	5:15 - 6:10pm Junior Kids Fundamental NO-Gi Jiu Jitsu		
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		

Check out our website: →
www.ExcelJiuJitsu.com

Time change

Hello...
FEBRUARY

Try us!
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

• **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 BABYSITER!

February classes = Specialized Training Monday Training Sessions
2, 9 & 23rd 'Gi Chokes' *NO Charge for members

February classes = Specialized Training Tuesday Training Sessions
3, 10, 17 & 24th Foot Lock City Curriculum *NO Charge for members

Feb 15th Sun = Tap Cancer Out BJJ Open San Diego
Jiu Jitsu Tournament for Kids Adults tapcancerout.org