

Excel Jiu Jitsu MMA & Fitness



March 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		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 - 10:10am 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 'Attacking Closed Guard' Adults + Junior KIDS	6:15 - 7:15pm Jiu Jitsu NO-Gi Adults 'Leg Locks + Knee Bars' 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 Clinch 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



MARCH MADNESS

Try us! **3 DAYS FREE TRIAL**
✓ CERTAIN RESTRICTIONS APPLY, SEE CLUB FOR DETAILS



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

March classes = **Specialized Training** Monday Training Sessions
2, 9, 16, 23 & 30th **'The Attacking Closed Guard'** *NO Charge for members

March classes = **Specialized Training** Tuesday Training Sessions
3, 10, 17, 24 & 31st **'Leg Locks + Knee Bars'** *NO Charge for members

NEVER QUIT NEVER SURRENDER

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

Mar 14th Sat = Submission Escapes Workshop 12-2pm
Junior Kids + Adults • Cost of workshop is \$25

Mar 28th Sat = Jiu Jitsu World League San Diego
Jiu Jitsu Tournament for Adults | Kids www.jjworldleague.com

Apr 6th Mon = Belt Promotion Ceremony 6:15pm-7pm
NO Mon Apr 6th 5:15pm Family Jiu Jitsu Class | Open Mat 7-8pm

\$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