Excel Jiu Jitsu MMA & Fitness — November 2026

Excel Jiu Jitsu MMA & Fitness 4093 Oceanside Blvd. Ste 'D', Oceanside, CA 92056 www.excel jiu jitsu.com email: info@excel jiu jitsu.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
9:00am		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 Beginner Essentials NoGi
9:30am	ACADEMY CLOSED (Private training only)						9:30 - 10:10am Kids all levels MMA
10:30am						Time change	10:30- 11:15am Kids all levels Gi Jiu Jitsu
11:30am							11:30am - 12:45pm Jiu Jitsu Gi Adults
12:15pm					12:15pm - 1:30pm Jiu Jitsu Gi Adults	12:15pm - 1:30pm Jiu Jitsu No-Gi Adults	
4:00pm		4:00 - 4:30pm Junior KidsCompetition Team		4:00 - 4:30pm Junior KidsCompetition 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	5:00pm - 6:00pm Team Members COMPETITION TEAM TRAINING Adults	
		5:15 - 6:10pm Kids Adults FAMILY BJJ FUNDAMENTALS	5:15 - 6:10pm Junior Kids Fundamental Gi Jiu Jitsu	5:15 - 6:10pm Kids Adults FAMILY BJJ FUNDAMENTALS	5:15 - 6:10pm Junior Kids Fundamental No-Gi Jiu Jitsu		
6:15pm		6:15pm - 7:15pm BEGINNER CLASS MMA Adults (ALL Levels)	6:15 - 7:15pm Boxing Adults Adults (Level 1 & 2)	6:15 - 7:15pm MMA Adults (Level 1 & 2)	6:15 - 7:15pm Boxing Adults Adults (Level 1 & 2)	6:00pm - 7:30pm Team Members Open Mat / Gym Non-Members = $20	
		6:15 - 7:15pm Jiu Jitsu Gi Adults Basics & Fundamentals	6:15 - 7:15pm Jiu Jitsu NO-Gi Adults Basics & Fundamentals	6:15 - 7:15pm Jiu Jitsu Gi Adults Basics & Fundamentals	6:15 - 7:15pm Jiu Jitsu NO-Gi Adults Basics & Fundamentals		
7:15pm		7:15 - 8:15pm Jiu Jitsu Gi DRILLS for Skills SPARRING	7:15 - 8:15pm Jiu Jitsu NO-Gi DRILLS for Skills SPARRING	7:15 - 8:15pm Jiu Jitsu Gi DRILLS for Skills SPARRING	7:15 - 8:15pm Jiu Jitsu NO-Gi DRILLS for Skills SPARRING	Try us! 3 DAYS FREE TRIAL ✓CERTAIN RESTRICTIONS APPLY, SEE CLUB FOR DETAILS	
		7:15 - 8:15pm MMA Adults (Level 1 & 2)		7:15 - 8:15pm MMA Adults (Level 1 & 2)		Happy Thanksgiving	

Check out our website: www.Excel Jiu Jitsu.com

KIDS CAMP!



KIDS CAMP
Thanksgiving Week
November 23rd & 24th
Mon & Tues 9:30am - 1:30pm

Wed Nov 11th = NO Group Classes • Veterans Day
Wed Nov 11th = Open Mat 9am-11am & 5pm-6:30pm
Sat Nov 14th = Submission Escapes Workshop 11:30am-1:30pm cost: $25
Sat Nov 14th = KiDS Belt Testing 9:30am-10:15am Presentation 10:45am
*See Front Desk for testing fees

Thanksgiving Weekend
Thurs through Sun Nov 26th - 29th = Academy Closed NO Group classes
Thurs Nov 26th = 'Turkey Roll' Open Mat 9am-11am COME TRAIN!!
• Sat Nov 28th Open Mat 9am-11am •

$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.Excel Jiu Jitsu.com