

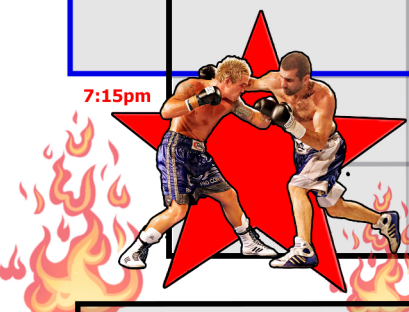
Excel Jiu Jitsu MMA & Fitness



May 2024

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 Gi Adults	6:00 - 7:00am Jiu Jitsu Gi Adults	6:00 - 7:00am Jiu Jitsu No-Gi Adults	8:30-9:30am Cardio Boxing
		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 10:30am 10:30am 11:15am	9:00am - 11:00am Team Members Open Mat / Gym Non-Members = \$20						9:30 - 10:15am Kids all levels Boxing 10:30 - 11:30am OPEN GYM BOXING 10:30- 11:15am Kids all levels Gi Jiu Jitsu 11:15am - 12:15pm 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 Boxing/Kickboxing 4:30 - 5:10pm Junior Kids Advance Gi Jiu Jitsu	4:30 - 5:10pm Tiny Tuff Kids Gi Jiu Jitsu 4:30 - 5:10pm Women's Only Gi Jiu Jitsu	4:30 - 5:10pm Tiny Tuff Kids Boxing/Kickboxing 4:30 - 5:10pm Junior Kids Advance NO-Gi Jiu Jitsu	4:30 - 5:10pm Tiny Tuff Kids NO-Gi Jiu Jitsu 4:30 - 5:10pm Women's Only NO-Gi BJJ		
5:15pm		5:15 - 6:10pm Junior Kids Boxing/Kickboxing/MMA 5:15 - 6:10pm all Kids + Adults Family Training	5:15 - 6:10pm Junior Kids + Adults FLOW YOGA 5:15 - 6:10pm Junior Kids Fundamental Gi Jiu Jitsu	5:15 - 6:10pm Junior Kids Boxing/Kickboxing/MMA 5:15 - 6:10pm all Kids + Adults Family Training	5:15 - 6:10pm MMA Adults (Level 1) 5:15 - 6:10pm Junior Kids Fundamental No-Gi Jiu Jitsu	5:00pm - 6:30pm Team Members Open Mat / Gym Non-Members = \$20	
6:15pm		6:15 - 7:10pm MMA Adults (Level 1 & 2) 6:15 - 7:15pm Jiu Jitsu Gi Adults Fundamentals	6:15 - 7:10pm 'Mitts' Class Adults (Jr KiDS w/Permission) 6:15 - 7:15pm Jiu Jitsu NO-Gi Adults Fundamentals	6:15 - 7:10pm Boxing/Kickboxing Adults (Level 1) 6:15 - 7:10pm Jiu Jitsu Gi Adults Competition Training DRILL TO WIN Sessions	6:15 - 7:10pm MMA / Kickboxing Adults (Level 1 & 2) 6:15 - 7:15pm Jiu Jitsu NO-Gi Adults 'KIMURA CITY' CLASS Adults (Jr KiDS w/Permission)		
7:15pm		7:15 - 8:15pm KickBoxing MMA Adults (Level 1 & 2) 7:15 - 8:00pm Jiu Jitsu Gi SPARRING	7:15 - 8:15pm KickBoxing MMA Adults (Level 1 & 2) 7:15 - 8:00pm NO-Gi SPARRING	7:15 - 8:15pm KICKBOXING 7:15 - 8:00pm Jiu Jitsu Gi SPARRING	7:15 - 8:00pm NO-Gi SPARRING		



Adults In-House Competition
Will be on **May 15th Wednesday**
6:15pm - 8:00pm \$25 to compete, Sign up early!

Continues **May 1st** - **Adults Comp Training** Wednesday Training Sessions
2 sessions **May 8th** *NO Charge for members
May 18th Sat = Kids Belt Testing 9:30am Presentation 10:45am
*See Front Desk for testing fees
May 18th Sat = CLOSED GUARD attacks Workshop 12-2pm
Junior Kids + Adults • Cost of workshop is \$25

May classes = Specialized Training Thursday Training Sessions
2, 9, 16, 23 & 30th **'KIMURA CITY'** *NO Charge for members
May 25 & 26th Sat/Sun Jiu Jitsu World League Los Angeles
Jiu Jitsu Tournament for Adults | for KIDS www.jjworldleague.com
May 27th Mon = Memorial Day Holiday NO GROUP CLASSES
May 27th Monday Open Mat Sessions available - 9-11am & 5-6:30pm

\$20 Drop in fee per class for Non-Members **This includes **OPEN MAT** Training

SIGN UP SPECIALS • FAMILY DISCOUNTS • GET STARTED