



ROCK JIU-JITSU | ATHENS

2026 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00	BEGINNERS	ADVANCED	BEGINNERS	ADVANCED	BEGINNERS	KIDS 2 NO GI 11:00
11:00	ADVANCED	BEGINNERS	ADVANCED	BEGINNERS	ADVANCED	BEGINNERS 12:00
17:00	KIDS 1	KIDS 2	KIDS 1	KIDS 2	KIDS 1	CHAMPIONS' MEET UP 13:00
18:00	MAT 1 BEGINNERS		MAT 1 BEGINNERS		MAT 1 BEGINNERS	OPEN MAT 13:15
18:15	MAT 2 INTERMEDIATE + COMP	MAT 1 ADVANCED	MAT 2 INTERMEDIATE + COMP	MAT 1 ADVANCED	MAT 2 INTERMEDIATE	
19:15	ADVANCED	MAT 1 NO GI	ADVANCED	MAT 1 NO GI	ADVANCED COMPETITION	
19:15		MAT 2 DRILLS ALL LEVELS		MAT 2 DRILLS ALL LEVELS		
20:30	NO GI	BEGINNERS	NO GI	BEGINNERS	NO GI	
20:30		MAT 2 INTERMEDIATE		MAT 2 INTERMEDIATE		

* Classes scheduled on MAT 2 may be subject to change