ROCK JIU-JITSU ATHENS

BRAZILIAN JIU-JITSU · WEEKLY TIMETABLE · TWO MATS

PROGRAMME

2026/27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00	BEGINNERS	ADVANCED	BEGINNERS	ADVANCED	BEGINNERS
11:00	ADVANCED	BEGINNERS	ADVANCED	BEGINNERS	ADVANCED
17:00	KIDS 5-8	KIDS 9-12	KIDS 5-8	KIDS 9-12	KIDS 5-8
18:00	INTERMEDIATE MAT 2		INTERMEDIATE MAT 2		INTERMEDIATE MAT 2
18:20	BEGINNERS	ADVANCED	BEGINNERS	ADVANCED	BEGINNERS
19:00					BJJ STRENGTH & CONDITIONING MAT 2
19:30	ADVANCED	NO GI	ADVANCED	NO GI	ADVANCED
20:30		BEGINNERS		BEGINNERS	
20:45	DRILLS & SPECIFIC		DRILLS & SPECIFIC		DRILLS & SPECIFIC

SATURDAY	
11:00	KIDS 9-12 NO GI
12:00	BEGINNERS
13:00	CHAMPION'S MEET UP
13:15	OPEN MAT

GRIP
BRAZILIAN JIU-JITSU TEAM

PROUD MEMBER OF GRIP BRAZILIAN JIU-JITSU TEAM

BEGINNERS · INTERMEDIATE · ADVANCED / COMPETITION · KIDS · NO GI · DRILLS & SPECIFIC · STRENGTH & CONDITIONING

ALL CLASSES ON MAT 1 UNLESS MARKED MAT 2

SOULIOU 10, AGIOS DIMITRIOS 17342 · +30 693 740 2515 · @ROCKJIUJITSUATHENS · ROCKJIUJITSUATHENS.GR