



GRACIE JIU-JITSU ATHENS



www.graciejiujitsuathens.com | (706) 549-1671 | 165 BEN BURTON RD STE D | BOGART, GA 30622

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CLASS INFO

LINKING SELF DEFENSE WITH SELF DEVELOPMENT

ATHENS' ONLY AUTHENTIC GRACIE JIU-JITSU FOR SELF DEFENSE

AFTER YOUR FIRST 10 CLASSES -- > OPEN MAT & NO GI

JIU-JITSU
PRIVATE
LESSONS
1:00PM - 3:00PM

JIU-JITSU
ESSENTIALS
1:00 - 2:00PM

JIU-JITSU
PRIVATE
LESSONS
1:00PM - 3:00PM

JIU-JITSU
ESSENTIALS
1:00 - 2:00PM

OPEN MAT
ALL RANKS
2:00 PM - 2:30PM

OPEN MAT
ALL RANKS
2:00 PM - 2:30PM

JUNIORS JJ
ALL RANKS
4:30 - 5:25PM

LIL'DRAGONS
ALL RANKS
4:00 - 4:45PM

JUNIORS JJ
ALL RANKS
4:30 - 5:25PM

LIL'DRAGONS
ALL RANKS
4:00 - 4:45PM

JIU-JITSU
NO-GI CLASS
5:30 - 6:30PM

JIU-JITSU
INTRODUCTORY
LESSONS
5:30PM - 6:00PM

JIU-JITSU
NO-GI CLASS
5:30 - 6:30PM

JIU-JITSU
INTRODUCTORY
LESSONS
5:30PM - 6:00PM

OPEN MAT
NO GI
6:30 - 7:00PM

JIU-JITSU
ESSENTIALS
6:00 - 7:00PM

FIGHT FLOW
BLUE BELT & ABOVE
6:30 - 7:00PM

JIU-JITSU
ESSENTIALS
6:00 - 7:00PM

JIU-JITSU
POSITIONAL DEVELOPMENT
7:00 - 8:00PM

OPEN MAT
ALL RANKS
7:00 - 7:30PM

JIU-JITSU
POSITIONAL DEVELOPMENT
7:00 - 8:00PM

OPEN MAT
ALL RANKS
7:00 - 7:30PM

KARATE'
ALL RANKS
7:30 - 8:30PM

KARATE'
ALL RANKS
7:30 - 8:30PM

JIU-JITSU
ESSENTIALS
11:00AM - 12:00PM

OPEN MAT
ALL RANKS
12:00 - 1:00PM

JIU-JITSU
POSITIONAL DEVELOPMENT
1:00 - 2:00PM

JIU-JITSU
PRIVATE
LESSONS
2:00PM - 4:00PM

WE ALSO
OFFER
TRADITIONAL
KARATE' !!!

WWW.ATHENSJIUJITSU.COM

GRACIE JIU-JITSU
BLUE BELTS & ABOVE

JUNIORS JIU-JITSU
KIDS AGE 8 to 12

Li' DRAGONS
KIDS AGE 5 to 8

GET STARTED
TODAY !!!