



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Gracie Bullyproof</b> <i>Little Champs 5-7</i> 17:00 - 17:30			<b>Gracie Bullyproof</b> <i>Little Champs 5-7</i> 17:00 - 17:30	
<b>Gracie Bullyproof</b> <i>Jr. Grapplers 8+</i> 17:45 - 18:30	<b>Gracie Bullyproof</b> <i>Jr. Grapplers 8+</i> 17:45 - 18:30	<b>Gracie Bullyproof</b> <i>Jr. Grapplers 8+</i> 17:45 - 18:30	<b>Gracie Bullyproof</b> <i>Jr. Grapplers 8+</i> 17:45 - 18:30	
<b>Master Cycle</b> <i>Advanced</i> 18:30 - 19:30	<b>Gracie Combatives</b> <i>Beginners</i> 18:30 - 19:30	<b>Ladies Only Class</b> <i>Women 14+</i> 18:30 - 19:30	<b>Gracie Combatives</b> <i>Beginners</i> 18:30 - 19:30	
<b>Gracie Combatives</b> <i>Beginners</i> 20:00 - 21:00	<b>Master Cycle</b> <i>Advanced</i> 19:30 - 21:00	<b>Gracie Combatives</b> <i>Beginners</i> 19:30 - 20:30	<b>Master Cycle</b> <i>Advanced</i> 19:30 - 21:00	

## Schedule a Free, No Obligation, Introductory Class Today!

Come and take your first class at Gracie Jiu-Jitsu Tameside for free... This will be an excellent opportunity for you to learn more about the program, meet the other members/instructors and experience Gracie Jiu-Jitsu. There's absolutely no obligation to join or take advantage of our special introductory offers either. Get in touch today to schedule your first class.