

**LANGE'S MARTIAL ARTS GYM TIMETABLE - THE RAMP**  
**Ph: 9939 3706      LANGESMMA.COM.AU**  
**THE RAMP, NORTH MANLY**  
**ENTRY FROM GIRARD STREET, NEAR MANLY TYRES**

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30		5.30 - 7.00 No Gi BJJ Morning Crew		5.30 - 7.00 Gi BJJ Morning Crew		
6.00						
6.30						
9.00						9-10 Weapon Training Rocco
9.30						
10.00						10.00 - 11.00 Thai Boxing Nick Pudney
10.30						
11.00				11.00 - 12.00 Thai Boxing Nick Pudney		11.10 - 12.10 No Gi Wrestling Nick Pudney
11.30					11.30 - 12.30 Beginners BJJ Anthony Lange	
12.00						
12.30						
1.00						
4.00			4.05 - 4.45 Kids Jiu Jitsu Isobel Tulevski			4.00 - 5.00 <b>SUNDAY</b> Sunday Sessions Andrew Button
4.30						
5.00	5.00 - 5.45 Kids BJJ Comp Rohan Lange		5.00 - 5.50 Female BJJ & Self Defence Nikki Lange	5.00 - 5.50 11- 17 Teens BJJ Anthony Lange		
5.30						
6.00	6.00 - 7.00 Thai Boxing Nick Pudney	6.10 - 7.10 Sparring Chad Lumley	6.05 - 7.05 Thai Boxing & MMA Fitness with Cam	6.00 - 7.00 MMA Sonny Brown	5.15 - 6.40 Sparring    MMA Kick Boxing	
6.30						
7.00						
7.30	7.05 - 8.15 Nick's No Gi BJJ	7.15 - 8.15 Weapon Training Josh	7.10 - 8.10 Boxing Nick Rubens	8.10 - 9.10 Weapon Training Josh		
8.00						
8.30						

**Dee Why Police & Citizens Youth Club - DYPCYC**  
**40 Kingsway, Dee Why**

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.00				5.00 - 5.50pm Kids BJJ Andy Olsen		
5.30						
6.00				6.00 - 7.00pm Adults BJJ Andy Olsen		
6.30						