

**Lange's Martial Arts Gym Time Table**  
**The Roof, 380 Pittwater Road, NORTH MANLY NSW 2100**  
**ROOF**

|            | Monday  | Tuesday   | Wednesday                                       | Thursday  | Friday                   | Saturday  | Sunday |
|------------|---|---|---|---|--------------------------|---|--------|
| 5.00 am    |   |   |   |   |                          |   |        |
| 6.00 am    |   |   |   |   |                          |   |        |
| 7.00 am    |   |   |   |   |                          |   |        |
| 8.00 am    |   |   |   |   |                          |   |        |
| 9.00 am    |   |   |   |   |                          | 9.00 - 10.00<br>Teens & Light<br>Weights          |        |
| 10.00 am   |   |   |   |   |                          | 10.15 - 11.00<br>5 - 12 yr olds<br>Kids Jiu Jitsu |        |
| 11.00 am   |   |   |   |   |                          | 11.15 - 12.00<br>5 - 12 yr olds<br>Kids Jiu Jitsu |        |
| 12.00 noon |   |   | 11.30 - 12.30<br>No Gi<br>Wrestling             |   |                          | 12.15 - 1.15<br>Jiu Jitsu                         |        |
| 1.00 pm    |   |   |   |   |                          |   |        |
|            |   |   |   |   |                          |   |        |
| 4.00. pm   | 4.00 - 4.30<br>5 - 10 yr olds<br>Kids Jiu Jitsu | 4.10 - 4.50<br>5 - 10 yr olds<br>Kids Jiu Jitsu   | 4.30 - 5.20<br>5 - 11 yr olds<br>Kids Jiu Jitsu | 4.00 - 4.30<br>5 - 10 yr olds<br>Kids Jiu Jitsu |                          |   |        |
| 5.00 pm    | 4.50 - 5.30<br>5 - 10 yr olds<br>Kids Jiu Jitsu | 5.00 - 5.50<br>10 - 15 yr olds<br>Teens Jiu Jitsu |   | 4.45 - 5.25<br>Advanced<br>Kids Jiu Jitsu       |                          |   |        |
| 6.00 pm    | 6.00 - 7.00<br>Jiu Jitsu<br>Technique<br>Class  | 6.10 - 7.10<br>Thai Boxing                        | 6.00 - 7.00<br>Jiu Jitsu                        | 6.10 - 7.10<br>Muay Thai<br>Kick boxing         | 6.10 - 7.10<br>Jiu Jitsu |   |        |
| 7.00 pm    |   |   |   |   |                          |   |        |
| 8.00 pm    | 7.10 - 8.15<br>Beginners<br>Jiu Jitsu           | 7.15 - 8.20<br>Judo & Jiu Jitsu<br>Comp Class     | 7.15 - 8.20<br>Beginners<br>Jiu Jitsu           | 7.15 - 8.20<br>Jiu Jitsu<br>Comp Class          |                          |   |        |
| 9.00 pm    |   |   |   |   |                          |   |        |

**Lange's Martial Arts**  
[www.langesmma.com](http://www.langesmma.com) (02) 9939 3706  
**Ramp**

|            | Monday  | Tuesday                      | Wednesday                                     | Thursday  | Friday  | Saturday                            | Sunday                 |
|------------|---|------------------------------|---|---|---|-------------------------------------|------------------------|
| 5.00 am    |   |                              |   |   |   |                                     |                        |
| 6.00 am    |   | 5.30 - 7.00<br>Jiu Jitsu     |   | 5.30 - 7.00<br>Jiu Jitsu                              |   |                                     |                        |
| 7.00 am    |   |                              |   |   |   |                                     |                        |
| 8.00 am    |   |                              |   |   |   |                                     |                        |
| 9.00 am    |   |                              |   |   |   |                                     |                        |
| 10.00 am   |   |                              |   |   |   | 10.00 - 11.00<br>Kick Boxing        |                        |
| 11.00 am   |   |                              |   | 11.00 - 12.00<br>Thai Boxing                          |   |                                     |                        |
| 12.00 noon | 11.30 - 12.30<br>MMA<br>Strength & Conditioning |                              |   |   | 11.30 - 12.30<br>Beginners<br>Jiu Jitsu       | 11.10 - 12.10<br>No Gi<br>Wrestling |                        |
| 1.00 pm    |   |                              |   |   |   |                                     |                        |
|            |   |                              |   |   |   |                                     |                        |
| 4.00. pm   |   |                              | 4.05 - 4.45<br>Kids Jiu Jitsu                 |   |   |                                     | 4.00<br>Sunday Session |
| 5.00 pm    | 5.00 - 5.45<br>Comp Kids                        |                              | 5.00 - 5.50<br>Female Bjj<br>& Self Defence   | 5.00 - 5.50<br>11 - 17 yr olds<br>Teens Jiu Jitsu     | 5.15 - 6.40<br>Sparring<br>MMA<br>Kick Boxing |                                     |                        |
| 6.00 pm    | 6.00 - 7.00<br>Kickboxing                       | 6.10 - 7.10<br>MMA<br>Skills | 6.05 - 7.05<br>MMA<br>Strength & Conditioning | 6.10 - 7.10<br>Light Sparring<br>Kick Boxing<br>& MMA |   |                                     |                        |
| 7.00 pm    |   |                              |   |   |   |                                     |                        |
| 8.00 pm    | 7.05 - 8.15<br>Nick's No Gi                     | 7.15 - 8.15<br>Arnis         | 7.10 - 8.10<br>Boxing                         | 7.15 - 8.20<br>Arnis                                  |   |                                     |                        |
| 9.00 pm    |   |                              |   |   |   |                                     |                        |