

LANGE'S MARTIAL ARTS GYM TIMETABLE - THE ROOF
Ph: 9939 3706 LANGESMMA.COM.AU
THE ROOF, 380 PITTWATER ROAD, NORTH MANLY
ENTRY FROM ROWE STREET, UPSTAIRS FROM BIKE ADDICTION

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.00						9.00 - 10.00 Teens & Light Weights Zareena May
9.30						
10.00						10.15 - 11.00 Kids BJJ Andris Eglesz
10.30						
11.00						11.15 - 12.00 Kids BJJ Andris Eglesz
11.30			11.30 - 12.30 No Gi Wrestling Anthony Lange			
12.00						
12.30						12.15 - 1.15 BJJ Andris Eglesz
1.00						
1.30						
2.00						
4.00	4.00 - 4.40 5 - 9 yr Kids BJJ Finlay Quilter	4.10 - 4.50 5 - 10 yr Kids BJJ Anthony Lange		4.00 - 4.40 5-10 yr Kids BJJ Anthony Lange		
4.30			4.30 - 5.20 5-11 yr Kids BJJ Andy Olsen		4.30 - 5.30 Kids BJJ Miklos	
5.00	4.50 - 5.30 5 - 11 yr Kids BJJ Finlay Quilter	5.00 - 5.50 10 - 15 yr Teens BJJ Anthony Lange		4.45 - 5.25 Advanced Kids BJJ Isobel Tulevski		
5.30						
6.00	6.00 - 7.00 pm BJJ Technique Anthony Lange	6.10 - 7.10pm BJJ Rolling Anthony Lange	6.00pm-7pm Stu Jitsu Stuart Nairne	6.10 - 7pm Beginners Jiu Jitsu Anthony Lange	6.00 - 7.00pm Jiu Jitsu Jarrod Jenkins	
6.30						
7.00						
7.30	7.10 - 8.15pm Beginners Jiu Jitsu Anthony Lange	7.15 - 8.20 Thai Boxing Jean Claude	7.15-8.15pm Intermediate Jiu Jitsu Dave Nagel	7.15pm-8.20pm BJJ Anthony Lange		
8.00						
8.30						

Membership fee is \$30

All Memberships have a minimum starting commitment of 2 months.

Prices shown are Direct Debit specials drawn on the 10th of each month

MEMBERSHIP OPTIONS		Weekly cost per class
1 Class per week	\$71.00 Per month	Approx \$16
2 Classes per week	\$115.00 Per month	Approx \$13
3 Classes per week	\$137.00 Per month	Approx \$10.50
Unlimited Classes per week	\$160.00 Per month	Approx \$5
1 Class per week - kids classes	\$55.00 Per month	Approx \$12.60
2 Classes per week - kids classes	\$105.00 Per month	Approx \$12

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 Josh / 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			
11.30					11.30 - 12.30 Beginners BJJ Anthony Lange	11.10 - 12.10 No Gi Wrestling Nick Pudney	
12.00							
12.30							
1.00							
4.00			4.05 - 4.45 Kids Jiu Jitsu Isobel Tulevski			4.00 - 5.00 SUNDAY 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							7.05 - 8.05 Thai Boxing Nat Hills
7.30	7.05 - 8.15 Nick's No Gi BJJ	7.15 - 8.15 Weapon Training Josh Humphreys	7.10 - 8.10 Boxing Nick Rubens				
8.00						8.10 - 9.10 Weapon Training Josh Humphreys	
8.30							

Dee Why Police & Citizens Youth Club - DYPCYC

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						