



LANGE'S MARTIAL ARTS GYM TIMETABLE - THE ROOF
THE ROOF, 380 PITTWATER ROAD, NORTH MANLY
ENTRY FROM ROWE STREET, UPSTAIRS FROM BIKE ADDICTION

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5.30		5.30 - 7.00 No Gi BJJ Morning Crew		5.30 - 7.00 Gi BJJ Morning Crew				
6.00								
6.30								
8.00								
9.00						8.00 - 9.00 Flow BJJ		
9.30								
10.00						9.00 - 10.00 Kids/Teens BJJ		
10.30								
11.00						10.00 - 11.00 Thai Boxing		
11.30			11.30 - 12.30 No Gi BJJ		11.30 - 12.30 BJJ	11.00 - 12.15 No Gi BJJ		
12.00								
12.30								
3.00						12.15 - 1.15 Gi BJJ		
3.30								
4.00	4.00 - 4.45 Kids BJJ	4.00 - 4.45 Kids BJJ		4.00 - 4.40 Kids BJJ			4.00 - 5.00 No Gi BJJ	
4.30								
5.00	4.45 - 6.00 Kids BJJ Comp	4.45 - 5.30 Teens BJJ	4.30 - 5.30 Kids BJJ	4.40 - 5.30 Advanced Kids BJJ				
5.30								
6.00	6.0 - 7.15 All Levels Gi BJJ	5.30 - 6.30 Sparring	5.30 - 6.30 MMA	5.30 - 6.30 MMA	5.15 - 6.30 Sparring MMA Kick Boxing			
6.30								
7.00			6.30 - 7.30 BJJ Rounds	6.30 - 7.30 Advanced BJJ		6.30 - 8.00 Positional BJJ / 7.00 - 8.00 Thai Boxing	6.30 - 7.30 Family BJJ	
7.30	7.15 - 8.15 No Gi BJJ	7.30 - 8.30 Beginner Thai/ Weapon Training	7.30 - 8.30 Beginner BJJ					
8.00								
8.30								



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SYDNEYS FIRST AND FINEST BRAZILIAN JIU JITSU GYM