



**LANGE'S MARTIAL ARTS GYM TIMETABLE - THE RAMP  
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		
8.00						
10.00		10.00 - 11.00 Thai Boxing				10.00 - 11.00 Thai Boxing Nick Pudney
10.30						
11.00				11.00 - 12.00 Thai Boxing Nick Pudney	11.30 - 12.30 BJJ Anthony Lange	11.10 - 12.10 No Gi Wrestling Nick Pudnev
11.30						
12.00						
3.00						
3.30						
4.00						4.00 - 5.00 <b>SUNDAY</b> Sunday Sessions Andrew Button
4.30						
5.00	5.00 - 5.45 Kids BJJ Comp		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 MMA	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		
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	8.10 - 9.10 Weapon Training: Josh Humphreys		
8.00						
8.30						



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Phone | (02) 9939 3706

**SYDNEYS FIRST AND FINEST BRAZILIAN JIU JITSU GYM**