



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
9.00						
9.30						
10.00						10.15 - 11.00 Kids BJJ
10.30						
11.00						11.15 - 12.00 Teen BJJ
11.30			11.30 - 12.30 No Gi Wrestling Anthony Lange			
12.00						12.15 - 1.15 Beginners BJJ
12.30						
1.00						
1.30						
2.00						
4.00	4.00 - 4.40 5 - 9 yr Kids BJJ	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		
5.00	4.50 - 5.30 5 - 11 yr Kids BJJ	5.00 - 5.50 10 - 15 yr Teens BJJ Anthony Lange		4.45 - 5.25 Advanced Kids BJJ Nikki Lange	5.00 - 6.00 Family BJJ	
5.30						
6.00	6.00 - 7.00 pm BJJ Technique	6.10 - 7.10pm BJJ Rounds	6.00pm-7pm Advanced BJJ	6.10 - 7pm Intermediate BJJ	6.00 - 7.00pm Open Mat	
6.30						
7.00						
7.30	7.10 - 8.15pm Beginners Jiu Jitsu	7.15 - 8.20 Beginners Thai Boxing Jean Claude	7.15-8.15pm Beginner Jiu Jitsu	7.15pm-8.20pm No Gi and Gi Rounds		
8.00						
8.30						

MEMBERSHIP OPTIONS	Monthly Cost	Weekly cost per class
1 Class per week	\$76.00 Per month	Approx \$17.50
2 Classes per week	\$121.00 Per month	Approx \$14
3 Classes per week	\$144.00 Per month	Approx \$11
Unlimited Classes per week	\$174.00 Per month	Approx \$6.50
1 Class per week - kids classes	\$59.00 Per month	Approx \$13.50
2 Classes per week - kids classes	\$115.00 Per month	Approx \$13

Membership is \$30 and has a minimum starting commitment of 2 months.

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

★	CASUAL CLASS ADULT \$28	★	CASUAL CLASS KIDS - \$22	★
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