



Ganguly's Mixed Martial Arts



Effective: **September 15, 2025**

www.gangulysmartialarts.com www.facebook.com/gangulysmartialarts

865 West Park Ave ★ Cobblestone Village ★ Ocean, NJ 07712 ★ 732-493-6333

Kids Class

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|---|---------------------------------|---|---|--|
| 4:30 - 5:00 pm Tiny Tigers | 4:30 - 5:00 pm Beginners | 4:30 - 5:00 pm Tiny Tigers | 4:30 - 5:00 pm Beginners | 4:30 - 5:00 pm Tiny Tigers | 9:00 - 9:30 am Tiny Tigers |
| 5:15 - 5:45 pm Beginners | 5:15 - 6:00 pm Kids Advanced | 5:15 - 5:45 pm Beginners | 5:15 - 6:00 pm Kids Advanced | 5:00 - 5:45 pm Kids Brazilian Jiu-Jitsu Gi | 9:45 - 10:30 am Kids Brazilian Jiu-Jitsu Gi |
| 6:00 - 6:45 pm Kids Advanced | 6:15 - 7:00 pm Kids Brazilian Jiu-Jitsu Gi | 6:00 - 6:45 pm Kids Advanced | 6:15 - 7:00 pm Kids Brazilian Jiu-Jitsu Gi | 5:15 - 5:45 pm Beginners | 10:30 - 11:15 am Kids Advanced |
| | | | | 6:00 - 6:45 pm Kids Advanced | 11:30 am - 12:00 pm Beginners |

| Monday | Tuesday | Wednesday | Thursday | | Saturday |
|---|--|---|--|--|--|
| 7:00 - 7:45 pm Adult / Teen Muay Thai Kickboxing Room B | 6:15 - 7:15 pm Adult / Teen GI Brazilian Jiu-Jitsu Room B | 7:00 - 7:45 pm Adult / Teen Muay Thai Kickboxing Room B | 6:15 - 7:15 pm Adult / Teen GI Brazilian Jiu-Jitsu Room B | | 9:00 - 9:45 am Teen / Adult Muay Thai Kickboxing |
| 7:45 - 8:30 pm No Gi Jiu-Jitsu Room A | 7:15 - 8:00 pm Adult / Teen GI Muay Thai Kickboxing Room A | 7:45 - 8:30 pm No Gi Jiu-Jitsu Room A | 7:15 - 8:00 pm Adult / Teen GI Muay Thai Kickboxing Room A | | 9:45 - 10:45 am Adult / Teen GI Brazilian Jiu-Jitsu No Gi |

MUAY THAI KICKBOXING

is a combat martial art from Thailand that uses stand-up striking skills along with various clinching techniques.

BRAZILIAN JIU JITSU

uses leverage & proper technique on the ground. It applies joint holds, chokes & position escapes.

MMA GRAPPING

is a hybrid form of NO Gi Submission Grapping taken from Brazilian Jiu Jitsu, Wrestling and Catch Wrestling.

DON'T KEEP US A SECRET!

Give a friend the gift of success! Share the benefits with a friend and help us spread our concepts!

Please bow upon entering and leaving the dojo

- Arrive 5-10 minutes prior to class time
- Place shoes inside shoe rack. No Shoes on the mat.
- Students ONLY on the mats.
- Siblings remain seated in the waiting area.
- Never disturb class in session.

- Full uniform top and bottom + belt must be worn on testing and graduation days.
- From Memorial day to Labor day our school t-shirts may be worn every day except on testing and graduation.
- Remove all jewelry

We Are Looking For Quality Families Like Yours!