



Ganguly's Mixed Martial Arts



Effective: **June 1, 2026**

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	10:45 - 11:30 am Kids Advanced
				6:00 - 6:45 pm Kids Advanced	11:30 am - 12:00 pm Beginners

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 6:45 pm Adult / Teen Muay Thai Kickboxing Room B	6:15 - 7:15 pm Adult / Teen GI Brazilian Jiu-Jitsu Room B	6:00 - 6:45 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
6:45 - 7:30 pm Jiu-Jitsu Room A	7:15 - 8:00 pm Adult / Teen GI Muay Thai Kickboxing Room A	6:45 - 7:30 pm 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 GRAPPLING

is a hybrid form of NO Gi Submission Grappling 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!