


ACADEMY SCHEDULE (TAEKWONDO & GRACIE JIU JITSU)

Website: www.rosemountata.com

Address: 15145 Carrousel Way Suite 2, Rosemount, MN 55068

Phone: 651-423-3735

Monday Schedule	Tuesday Schedule	Wednesday Schedule	Thursday Schedule	Friday Schedule	Saturday Schedule
	Gracie Master Cycle 11:00 am - 12:00 pm	Bring a friend class: Students bring a friend to any beginner Jiu Jitsu or Taekwondo class! As a thank you for sharing martial arts with your friend, you will receive a FREE t-shirt for EVERY friend you bring into the Academy!		BRING A FRIEND CLASS	
	BRING A FRIEND CLASS Gracie Combatives 12:00 pm - 1:00 pm			Gracie Combatives 11:00 am - 12:00 pm	
				Gracie Master Cycle 12:00 pm - 1:00 pm	Gracie Master Cycle 9:00 AM - 10:00 AM BRING A FRIEND CLASS
					BRING A FRIEND CLASS Gracie Combatives 10:00 AM - 11:00 AM
					Women Empowered 11:00 AM - 12:00 PM
			BRING A FRIEND CLASS Gracie Bullyproof (6-12) 6:00 pm - 6:45 pm		
	BRING A FRIEND CLASS Gracie Bullyproof (6-12) 6:45 pm - 7:30 pm				
BRING A FRIEND CLASS Gracie Combatives 7:30 pm - 8:30 pm	BRING A FRIEND CLASS Women Empowered 7:30 pm - 8:30 pm	BRING A FRIEND CLASS Gracie Combatives 7:30 pm - 8:30 pm		Gracie Classes are highlighted in Gray and include Gracie Combatives, Gracie Bullyproof, Grace Master Cycle and Women Empowered. Taekwondo Form Classes are white, Leadership class is green, Legacy is Blue, and Performance Team is Yellow!	
Gracie Master Cycle 8:30 pm - 9:30 pm		Gracie Master Cycle 8:30 pm - 9:30 pm			

Trial Program– Satisfaction Guaranteed!

At most Martial Arts schools, they'll let you try one class before you sign up. At the Rosemount Martial Arts Academy, we prefer that you try our programs before you make a decision so you are 100% certain that they are right for you. We will give you full access to any of our beginner programs during your trial program. Assuming you love the techniques, the instructors, and the overall vibe of the Academy, you can sign up after the trial period. If for **any** reason it doesn't work out – due to work, traffic, scheduling, or anything else - we won't charge you a thing! Absolutely no experience is necessary and you will love the classes – we guarantee it! Speak to any staff member about starting your trial program today!

Six Things Every Student Should Know...

1. Respect everything and everyone at the Academy	2. Ask questions every chance you get	3. Arrive 10 -15 minutes early to class
2. Wash your Gi (uniform) after every class	5. Share your knowledge with everyone	6. Introduce your friends to Martial Arts (Taekwondo / Jiu Jitsu)

- **Uniform Attire:** Full gi (uniform) or Casual (no-gi) students are allowed to wear Academy / Gracie T-shirt or rashguard. All students must wear their belts to all classes. *Tank tops, rash guards, ripped t-shirts, or shirts with any other logos are not allowed.*
- **Injuries and Sparring:** If you ever get injured, do not miss class. Put on your gi and attend as usual so that you stay up to date on the techniques being taught and you do not lose your attendance rhythm.

As of 6/19/2023, subject to change.