

LIDGERWOOD

GREENQUIST ACADEMY TOTAL MARTIAL ARTS

TAEKWONDO

HAPKIDO



FALL 2022



Sunday Classes Starting September 11th

Children (ages 5-8) 5:00 pm - 5:30 pm

Juniors (ages 9-12) 5:30 pm - 6:15 pm

Adults (ages 13 & up) 6:15 pm - 7:15 pm

Class times and age groups subject to change

Develop confidence, manners, discipline, fitness, & self-defense
at all age levels

(701) 899-1048
Lidgerwood School
Gymnasium

For More Information Email:
master.kerickson@hotmail.com