

LIDGERWOOD

# GREENQUIST ACADEMY TOTAL MARTIAL ARTS

TAEKWONDO

HAPKIDO



## FALL 2023



**Sunday Classes Starting September 10th**

Children (ages 5-8) 5:00 pm - 5:35 pm

Juniors (ages 9-12) 5:45 pm - 6:45 pm

Adults (ages 13 & up) 6:45 pm - 7:45 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:  
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