

## Combined Capoeira and Karate Schedule

All Classes are Listed in **Central Time**.

\*effective 7-1-24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Kids CAPOEIRA</b> 4:30pm-5:00pm	<b>KARATE Basics/ Int 1</b> 12:30pm-1:00pm	<b>Kids and Teens CAPOEIRA FLOW*</b> 4:00pm-4:30pm	<b>Kids CAPOEIRA FLOW*</b> 4:30pm-5:00pm		<b>Family CAPOEIRA</b> 9:00am-9:30am
	<b>Teens CAPOEIRA</b> 5:15pm-5:45pm	<b>Intermediate 2 KARATE</b> 1:15pm- 1:45pm	<b>KARATE Basics/ Int 1</b> 4:45pm- 5:15pm	<b>Kids CAPOEIRA</b> 5:15pm-5:45pm		<b>Advanced KARATE</b> 9:45am-10:15am
	<b>Adults CAPOEIRA</b> 6:00pm-6:30pm	<b>Family CAPOEIRA</b> 2:00pm-2:30pm	<b>Intermediate 2 KARATE</b> 5:30pm- 6:00pm	<b>Teens CAPOEIRA</b> 6:00pm-6:30pm		<b>KARATE Basics</b> 10:30am-11:00am
		<b>Advanced KARATE</b> 2:45pm-3:25pm		<b>Adults CAPOEIRA</b> 6:45pm-7:15pm		<b>Intermediate KARATE</b> 11:15am-11:45am
						<b>Music CAPOEIRA**</b> 12:00pm-12:30pm

\*Kids Capoeira Flow is available for students who have proficiency & confidence in basic capoeira kicks, movements, and escapes.

\*\*Capoeira Music is on 1st and 3rd Saturdays of each month, with berimbau only on 2nd Saturdays. 4th Saturdays in certain months will have special events.

All students may attend up to 2 classes per week in their program, plus a music class (capoeira). Seasonal online parties, hangouts, and chit-chats are included at each age level and program.