



Combined Capoeira and Karate Schedule

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

*effective 2-1-24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kids CAPOEIRA 4:30pm-5:00pm	KARATE Basics 12:30pm- 1:00pm	Kids and Teens CAPOEIRA 4:00pm-4:30pm	Kids CAPOEIRA FLOW* 4:30pm-5:00pm		Family CAPOEIRA 7:00am-7:30am
	Teens CAPOEIRA 5:15pm-5:45pm	Intermediate Karate 1:15pm- 1:45pm	KARATE Basics 4:45pm- 5:15pm	Kids CAPOEIRA 5:15pm-5:45pm		KARATE Basics 10:30am-11:00am
	Adults CAPOEIRA 6:00pm-6:30pm	Family CAPOEIRA 2:00pm-2:30pm	Intermediate KARATE 5:30pm- 6:00pm	Teens CAPOEIRA 6:00pm-6:30pm		Intermediate KARATE 11:15am-11:45am
				Adults CAPOEIRA 6:45pm-7:15pm		Music CAPOEIRA** 12:00pm-12:30pm

*Kids Capoeira Flow is available for students who have been enrolled for a minimum of 3-4 months and have proficiency 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.