

# CAPOEIRA

BRAZILIAN MARTIAL ART



strength, flexibility & co-ordination

Capoeira is an energetic Brazilian martial art. It involves dance, music, ritual and acrobatics. Great for developing social skills, physical, emotional and musical awareness in children.



**Day:** Every Tuesday

**Time:** 6:30pm-7:30pm

**Course Fee:** \$180 per class  
*\*minimum 4 students*

**Age :** 4 years and above

**Venue :** Squash Court A G/F

**Instructor :** Instructora Espiona

**dance - musical - acrobatics**

*Instructora Espiona (Fiona) has been immersed in the art of capoeira for more than 20 years. She is a qualified primary school teacher. Espiona's classes are playful, creative and encourage risk-taking, team work and musicality.*



To sign up, scan the QR code or call The Fitness Centre on 2657 8292 for enquiries.