

Capoeira Beginners course at Maxilla Space

A great opportunity to try Capoeira de Angola, The Dance Fight Game from Brazil. This four-week introductory course will include movements of defence and attack, music, songs and history of this beautiful art-form.

All welcome, so bring a friend and come and try something new. Get fit, have fun, make friends and test yourself with something new.

Class times:

Mondays from 18.30-19.30

(19 Feb, 26 Feb, 5 March, 12 March)

Where:

Maxilla Studios, 4 Maxilla Walk, W10 6NQ

Tube:

Latimer Rd

What to bring:

Loose comfy trousers and tee shirt, light trainers, water bottle

Cost:

£35 for 4 weeks

Contact:

Laurie 07871875846



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