

ADULTS CAPOEIRA PROGRAM

- ARE YOU NEW TO CAPOEIRA?
- ARE YOU RETURNING FROM A HIATUS?

THE **INTRODUCTORY FUNDAMENTAL SERIES**
WILL BE PERFECT FOR YOU!

EACH LEVEL CONSISTS OF 3 CLASSES AND BUILD UPON ONE ANOTHER
WITH SMALL GROUP INSTRUCTION

INTRO I: 45-MIN (GINGA, BASIC KICKS, ESCAPES) \$25
 INTRO II: 60-MIN (+ GROUND WORK, COMBOS) \$30
 INTRO III: 90-MIN (+ PARTNER TRAINING, MUSIC) \$40

SPECIAL PACKAGES

\$80 FOR ALL 3 LEVELS (9 CLASSES)

OR

\$50 FOR 1ST MONTH (UNLIMITED INTRO CLASSES)

EMAIL MANDINGAUSA@YAHOO.COM FOR MORE INFORMATION!

KIDS CAPOEIRA PROGRAM

PIXOXO (4-8YO)

SABIA (9-12YO)

ALL KIDS CLASSES CURRENTLY HELD AT
FLYING YOGA ANNEX

TEENS ARE WELCOME TO JOIN
ADULTS CLASSES!

MONTHLY PLANS

FOR KIDS AND ADULTS (NON-INTRO PROGRAMS)
\$20 DROP-INS (\$15 FIRST-TIME STUDENTS)

	MO-MO	6-MO	12-MO	18-MO
2X/WEEK	\$110	\$90	\$80	\$70
UNL/WEEK	\$130	\$100	\$90	\$80

ALL CLASSES IN OAKLAND

NSM: 4225 BROADWAY
NEW STYLE
MOTHERLODE STUDIO

FYA: 4202 TELEGRAPH
FLYING YOGA
ANNEX

LMDC: 200 GRAND AVE
LAKE MERRITT
DANCE CENTER

SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASSES SUBJECT TO CHANGE. PLEASE CHECK WEBSITE FOR MOST CURRENT SCHEDULE MANDINGA.ORG		KIDS 4-530P FYA		KIDS 4-530P FYA		KIDS 1-2P FYA
	ADULTS 730-9P NSM	ADULTS 8-930P LMDC	ADULTS BEGINNERS 7-830P NSM	ADULTS 630-8P CLASS 8-930P RODA LMDC		ADULTS INTRO 1-2P ALL 2-330P FYA