

CAPOEIRA

Capoeira began in Brazil as a cleverly disguised form of defense for enslaved Africans and Brazilians. The 450-year-old art form is a dynamic hybrid of martial arts, dance, acrobatics, live instruments and music.



Everyone is welcome!

LEARN CAPOEIRA! Try your first class for free!

**GET FIT! (We mean really fit.)
HAVE FUN!**

Learn to sing in Portuguese and play instruments!

CLASS SCHEDULE		
TUESDAY	WEDNESDAY	SATURDAY
Mixed Class (All levels, Ages 13 - adult) 7 pm – 8:15 pm	Intermediate Class (Ages 13 - adult) 7 pm – 8:15 pm	Kids' Class (Ages 5 - 12) 11 am – 12 pm
<p style="text-align: center;">Location: HYPE STUDIOS 1951 W. Carson St. Torrance, CA (Free parking in the back.)</p>		Beginners' Class (Ages 13 - adult) 12 pm – 1 pm
		Mixed Class (All levels) (Ages 13 - adult) 1 pm – 2 pm
		Roda (Open to all participants) 2 pm – 2:30 pm

Cost (payable in cash or check made out to Omulu Sul):

- ✓ \$15 per individual class
- ✓ \$45 per month for one class per week
- ✓ \$65 per month for unlimited classes per week
- ✓ **FAMILY SPECIAL:** \$90 per month for 1 adult and 1 child for unlimited classes per week

For more information: Call (562) 427-3080

Email: fininho@omulula.com

www.omulula.com

Omulu Guanabara Capoeira de Los Angeles