

CLASS SCHEDULE FOR CAPOEIRA BESOURO STUDIO*

2901 OCEAN PARK AVE. #103, SANTA MONICA, CA 90405

www.capoeirabesouro.com * (310) 314-2617

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<u>6:00-7:00am</u> Nia w/ Susanne Conrad			<u>8:00-9:00am</u> Cardio Kickboxing w/ Michael Reeves	
	<u>8:30-9:30am</u> All Levels Capoeira w/ Mestre Batata	<u>8:30-9:30am</u> All Levels Capoeira w/ Mestre Batata	<u>8:30-9:30am</u> All Levels Capoeira w/ Mestre Batata		<u>9:00-10:00am</u> Kids & Adults Karate w/ William Candelario	<u>9:00-10:00am</u> Nia w/ Susanne Conrad
<u>9:30-11:00am</u> Modern/Contemp. Dance w/ Karen Safrit	<u>9:30-10:30am</u> Nia w/ Susanne Conrad		<u>9:30-10:30am</u> Nia w/ Susanne Conrad	<u>9:15am-12:00pm</u> Music Together** w/ Suchi Branfman	<u>10:00-11:00am</u> Kids Capoeira (all ages) w/ Mestre Batata	<u>10:00-11:00AM</u> The JamSession w/ Rita Ashton
			<u>11:00-12:00pm</u> Fancy Prance (Mommy+Me) w/ Sylvia Glass		<u>11:00am-1:00pm</u> All Levels Capoeira w/ Mestre Batata	<u>11:30am-12:30pm</u> Hip-Hop (All Levels) w/ Lisa Kellogg
	<u>12:00-12:50pm</u> The JamSession Nooner w/ Rita Ashton	<u>3:30-4:00pm</u> Kids Capoeira (ages 3-5) w/ Mestre Batata	<u>12:00-12:50pm</u> The JamSession Nooner w/ Rita Ashton		<u>1:10-2:30pm</u> Samba w/ Marina Morena	<u>1:00-2:00pm</u> All Levels Capoeira w/ Mestre Batata
<u>4:00-5:00pm</u> Kids Capoeira (ages 6+) w/ Mestre Batata		<u>4:00-5:00pm</u> Kids Capoeira (ages 6+) w/ Mestre Batata		<u>4:00-5:00pm</u> Kids Capoeira (all ages) w/ Mestre Batata	<u>2:30-4:00pm</u> Jazz w/ Toney Wilson	
<u>5-6pm</u> Kids Hip-Hop w/ Lisa Kellogg	<u>4:30-5:30pm</u> Kids & Adults Karate w/ William Candelario	<u>5:00-6:00pm</u> Teen Capoeira (ages 11-17) w/ Mestre Batata	<u>4:30-5:30pm</u> Kids & Adults Karate w/ William Candelario	<u>5:00-6:00pm</u> Zumba w/ Rita Ashton	<u>4:00-5:30pm</u> Beginner/Inter. Jazz w/ Sherman Steward	
<u>6-7pm</u> Hip-Hop (All Levels) w/ Lisa Kellogg	<u>5:30-6:30pm</u> Seibukan Jujutsu w/ William Candelario	<u>6-7pm</u> Hip-Hop (All Levels) w/ Lisa Kellogg	<u>5:30-6:30pm</u> Seibukan Jujutsu w/ William Candelario	<u>6:00-7:0</u> Spiritual Stretch Yoga w/ Lola Shalom		
<u>7:00-8:00pm</u> Beginner Capoeira w/ Mestre Batata	<u>6:30-7:30pm</u> Hip-Hop (All Levels) w/ Lisa Kellogg	<u>7:00-8:00pm</u> Beginner Capoeira w/ Mestre Batata	<u>6:30-7:30pm</u> Hip-Hop (All Levels) w/ Lisa Kellogg			
<u>8:00-9:15pm</u> Int./Adv. Capoeira w/ Mestre Batata	<u>7:30-8:30pm</u> Hip-Hop (Intro Level) w/ Lisa Kellogg	<u>8:00-9:15pm</u> Int./Adv. Capoeira w/ Mestre Batata	<u>7:30-8:30pm</u> Hip Hop (Intro Level) w/ Lisa Kellogg			
			<u>8:30-9:30pm</u> All Levels Capoeira w/ Mestre Batata			

* Class schedule may change. Please contact studio or instructor in case class times have changed or classes have been added.

**Please contact Music Together for exact class times and sign-up information.