

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
		6:00-7:00am Nia w/ Susanne Conrad			8:00-9:00am Cardio Kickboxing w/ Michael Reeves	
	8:30-9:30am All Levels Capoeira w/ Mestre Batata	8:30-9:30am All Levels Capoeira w/ Mestre Batata	8:30-9:30am All Levels Capoeira w/ Mestre Batata		9:00-10:00am Kids & Adults Karate w/ William Candelario	9:00-10:00am Nia w/ Susanne Conrad
	9:30-10:30am Nia w/ Susanne Conrad		9:30-10:30am Nia w/ Susanne Conrad	9:15am-12:00pm Music Together** w/ Suchi Branfman	10:00-11:00am Kids Capoeira (all ages) w/ Mestre Batata	10:00-11:00AM Zumba w/ Rita Ashton
			11:00-12:00pm Fancy Prance (Mommy+Me) w/ Sylvia Glass		11:00am-1:00pm All Levels Capoeira w/ Mestre Batata	11:30am-12:30pm Hip-Hop (All Levels) w/ Lisa Kellogg
	12:00-12:45pm The JamSession Nooner Core Mat Class w/ Rita Ashton	3:30-4:00pm Kids Capoeira (ages 3-5) w/ Mestre Batata	12:00-12:45pm The JamSession Nooner Core Mat Class w/ Rita Ashton		1:10-2:30pm Samba w/ Marina Morena	1:00-2:00pm All Levels Capoeira w/ Mestre Batata
4:00-5:00pm Kids Capoeira (ages 6+) w/ Mestre Batata		4:00-5:00pm Kids Capoeira (ages 6+) w/ Mestre Batata		4:00-5:00pm Kids Capoeira (all ages) w/ Mestre Batata	2:30-4:00pm Jazz w/ Toney Wilson	
5:00-6:00pm Kids Hip-Hop w/ Lisa Kellogg	4:30-5:30pm Kids & Adults Karate w/ William Candelario	5:00-6:00pm Teen Capoeira (ages 11-17) w/ Mestre Batata	4:30-5:30pm Kids & Adults Karate w/ William Candelario	5:00-6:00pm Zumba w/ Rita Ashton		
6:00-7:00pm Hip-Hop (All Levels) w/ Lisa Kellogg	5:30-6:30pm Seibukan Jujutsu w/ William Candelario	6:00-7:00pm Hip-Hop (All Levels) w/ Lisa Kellogg	5:30-6:30pm Seibukan Jujutsu w/ William Candelario	6:00-7:00 Spiritual Stretch Yoga w/ Lola Shalom		
7:00-8:00pm Beginner Capoeira w/ Mestre Batata	6:30-7:30pm Hip-Hop (All Levels) w/ Lisa Kellogg	7:00-8:00pm Beginner Capoeira w/ Mestre Batata	6:30-7:30pm Hip-Hop (All Levels) w/ Lisa Kellogg			
8:00-9:15pm Int./Adv. Capoeira w/ Mestre Batata	7:30-8:30pm Hip-Hop (Intro Level) w/ Lisa Kellogg	8:00-9:15pm Int./Adv. Capoeira w/ Mestre Batata	7:30-8:30pm Hip Hop (Intro Level) w/ Lisa Kellogg			
			8:30-9:30pm 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.