

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
					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		9:00-10:00am Kids & Adults Karate w/ William Candelario	9:00-10:00am Nia w/ Susanne Conrad
9:00 - 10:00am Zumba w/ Rita Ashton	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	10:15-11:00am Toddler Capoeira (ages 3-5) w/Mestre Batata	10:00-11:00am Zumba w/ Rita Ashton
11:00-12:00pm Hip Hop w/ Lisa Kellogg	10:30-12:00pm Jazz Beginner/Intermediate w/ Jill Strauss	11:00-12:00pm Hip Hop w/ Lisa Kellogg	10:30-12:00pm Jazz Beginner/Intermediate w/ Jill Strauss		11:00-12:15pm All Levels Capoeira w/ Mestre Batata	11:30am-12:30pm Hip-Hop(All Levels) w/ Lisa Kellogg
3:15-4:00pm Toddler Capoeira (ages 3-5) w/ Mestre Batata			2:45-3:30pm 3-5 yrs Ballet & Creative Movement for Kids		12:30-1:30pm Kids Capoeira (ages 6+) w/ Mestre Batata	
4:00-5:00pm Kids Capoeira(ages 6+) w/ Mestre Batata	3:45-4:30pm Little Dragons(ages 3-5) w/ William Candelario	4:00-5:00pm Kids Capoeira(ages6+) w/ Mestre Batata	3:30-4:30pm 5-9 yrs Ballet & Creative Movement for Kids w/ Caroline Antunes **Starts 10/6/11		2:30-4:00pm w/ Toney Wilson	4:00-5:00pm Sporty Teens Yoga w/Rena Kirkland 6 week session 7/10-8/20 Call to register: 310-433-4153
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 w/ Mestre Batata	4:30-5:30pm Kids & Adults Karate w/ William Candelario			
6:00-7:00pm Hip-Hop (All Levels) w/ Lisa Kellogg	5:30-6:30pm Seibukan Jujutsu w/ William Candelario	6:00-7:00pm Hip-Hop (All Levels) w/ Lisa Kellogg	5:30-6:30pm Seibukan Jujutsu w/ William Candelario			
7:00-8:15pm Beginner Capoeira w/ Mestre Batata	6:30-7:30pm Hip-Hop (All Levels) w/ Lisa Kellogg	7:00-8:15pm Beginner Capoeira w/ Mestre Batata	6:30-7:30pm Hip-Hop (All Levels) w/ Lisa Kellogg			
8:15-9:30pm Int./Adv. Capoeira w/ Mestre Batata	7:30-8:30pm Hip-Hop (Intro Level) w/ Lisa Kellogg	8:15-9:30pm 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.