

Capoeira

Join Group Capoeira Brasil, one of the largest organisations to learn this Afro-Brazilian martial art that combines elements of dance, play, self-defence, gymnastics, music and ritualistic fighting. Their beginners course will have you improve in flexibility & balance and also build a good level of fitness, confidence, self-esteem and team skills while having loads of fun.

COURSE STRUCTURE: 8 week (1 lesson p/w) or 4 week (2 lessons p/w). Location and days are flexible. If you can't make a class in a certain week it can be made up another day within the 4 week or 8 week period. Courses will go ahead depending on numbers. Casual, intermediate/advance levels classes also available. Visit the sports office for more info and a timetable.

COST: Advantage Program \$105 | UTS students, Alumni \$110 | Others \$120

DATES: Courses commencing every month

LOCATION/TIME:

Wednesdays 7pm: Grace Point Church Hall, 8/10 Soudan St, Randwick.

Thursdays 6.30pm: St. Stephen Church Hall, 189 Church St. Newtown.

Saturdays 11.30am: UTS Fitness Centre, Building 4, L1, 733 Harris St, Broadway.

