



# CAPOEIRA CLASSES

for

COLERIDGE Primary School

Tuesdays 15:30-16:30

£10 per lesson

Age Group 5-6 years

Wednesdays 15:30-16:30

£10 per lesson

Age Group 7-11 years

## TUESDAY DATES

SEPTEMBER

11/18/25

OCTOBER

2/9/16/30

NOVEMBER

6/13/20/27

DECEMBER

4 (Total of 12 weeks)

TOTAL OF £120

## WEDNESDAY DATES

SEPTEMBER

12/19/26

OCTOBER

3/10/17/31

NOVEMBER

7/14/21/28

DECEMBER

5 (Total of 12 weeks)

TOTAL OF £120



Criss Cuzzolin and her team of teachers is dedicated to give all of the young students the experience in all the disciplines of Capoeira, such as acrobatics and music through carefully prepared lessons which develops concentration, co-ordination and confidence.

## Benefits of Capoeira for Children:

The most important part for Capoeira Club London is to have FUN while learning! Co-ordination, balance, agility, flexibility, fun, aerobic fitness, core strengthening, weight management, social skills, discipline, musical skills.

For safety and security, Criss and the rest of our team has taught Capoeira to children for a number of years and also holds an enhanced CRB disclosure, approved First Aid qualifications and is fully trained.

Please visit our website [www.capoeiraclub.co.uk](http://www.capoeiraclub.co.uk) for more information or our You tube channel Capoeira Club London

## CAPOEIRA CLUB KIDS



<https://www.youtube.com/watch?v=0b0MGqb2xU8>

<https://youtu.be/qkNU11Oqhas>

Should your child like to join one of our classes or have any other questions regarding Capoeira ,please contact **Capoeira Club London** for more information.

**Capoeira Club London**  
**Head Coach Criss Cuzzolin**  
**075 9073 0913**  
[info@capoeiraclub.co.uk](mailto:info@capoeiraclub.co.uk)  
[www.capoeiraclub.co.uk](http://www.capoeiraclub.co.uk)