

CAPOEIRA BRASIL LESSONS *in Aruba*



FREE
INTRODUCTION
CLASS



CAPOEIRA IS A BRAZILIAN MARTIAL ART THAT COMBINES ELEMENTS OF FIGHT, DANCE, ACROBATICS AND MUSIC. IT IS KNOWN FOR QUICK AND COMPLEX MOVES, USING MAINLY POWER, SPEED, AND LEVERAGE FOR A WIDE VARIETY OF KICKS, SPINS, AND HIGHLY MOBILE TECHNIQUES.

BENEFITS OF CAPOEIRA
IMPROVE STRENGTH & OVERALL FITNESS, SPEED & CARDIO, FLEXIBILITY & AGILITY, BALANCE & COORDINATION, REDUCE STRESS, GAIN CONFIDENCE, LEARN NEW RHYTHMS, INSTRUMENTS & MUSIC, MEET OTHER PEOPLE AND MOST IMPORTANT:
HAVE FUN!



EVERY TUESDAY

8 PM – 9 PM

CENTRO DEPORTIVO PLAYA

GYMZAAL COLEGIO ARUBANO, VONDELLAAN 14, ORANJESTAD

**BEGINNER CLASSES FOR
YOUTH (15+) AND ADULTS**

GIVEN BY INSTRUCTOR CRESPO

CONTACT US FOR MORE INFO

[WWW.FACEBOOK.COM/ARUBA.CAPOEIRA](https://www.facebook.com/aruba.capeira)
[WWW.CAPOEIRABRASIL.NL/ARUBA](http://www.capeirabrasil.nl/aruba)

PHONE/WHATSAPP: (+297) 6629670 | E-MAIL: ARUBA@CAPOEIRABRASIL.NL

Designed by Gilner Dirksen | gilnerdirksen@gmail.com