

# CAPOEIRA

## CLASSES AT FITNESS FIRST

GRUPO SENZALA CAPOEIRA  
with teachers Ronaldo and John

**Mondays 7:35pm to 8:35pm**

**Fitness First Spitalfields**  
**7 Frying Pan Alley**  
**London E1 7HS**

(2 minutes from Liverpool Street Station)

FREE introductory session on 2 October 2017 (£6 after)

All levels welcome to a fun and energetic class with friendly teachers. Improve your agility, strength, fitness and flexibility. Classes will include:

- Basic techniques
- Movement combinations
- Kicking-drills
- Floor-work
- Hand-balancing technique
- Acro-movements
- ...and lots more



Contact Ronaldo:  
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