

NEW CLASS AT KINGSMEADOW!

CAPOEIRA

With Master Axé from Bahia, Brazil.

Adult £7



Children £5

The Brazilian Martial Art

Every Wednesday
7.15-8.45pm

Come along and try this exciting class to develop your agility, flexibility, co-ordination and strength!

Open to men and women and children
Beginners very welcome!

For more information ask at reception or contact
Axé : **07944 806 841** or go to www.capoeirapalmares.co.uk