



020 8203 0500
office@dynamicselfdefence.com

ADULTS TIMETABLE

KRAV MAGA	BOXING	BRAZILIAN JIU JITSU	FITNESS	MUAY THAI	STRETCH & MOVE	CAPOEIRA	MMA	ONE to ONE
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MON

TUE

WED

THU

FRI

SAT

SUN

09:30-10:30

**KRAV MAGA
WOMEN ONLY
BACK IN SEP**

10:00-11:00

BOXING

12:05-13:30

**BRAZILIAN
JIU JITSU
GI**

12:05-13:30

**SUBMISSION
GRAPPLING**

12:05-13:30

**BRAZILIAN
JIU JITSU
GI**

12:05-13:30

**SUBMISSION
GRAPPLING**

11:00-12:00

**BRAZILIAN
JIU JITSU
GI**

11:00-12:00

KRAV MAGA

12:15-13:15

MUAY THAI
BEGINNERS /
INTERMEDIATE

12:15-13:15

MUAY THAI
BEGINNERS /
INTERMEDIATE

12:05-13:05

KRAV MAGA

13:00-14:00

MUAY THAI
BEGINNERS /
INTERMEDIATE

19:00-19:55

**KRAV MAGA
WOMEN ONLY
EDGWARE - BACK SEP**

19:30-20:30

**KRAV MAGA
BEGINNERS**

19:15 - 20:15

**SUBMISSION
GRAPPLING**

19:00-20:00

**KRAV MAGA
BEGINNERS**

19:00-20:00

**BRAZILIAN
JIU JITSU
GI**

14:00-15:00

MUAY THAI
DUTCH DRILLS / SPARRING
ALL LEVELS

19:30-20:30

KRAV MAGA

20:30-22:00

MUAY THAI
BEGINNERS / INTERMEDIATE
+
SPARRING

20:15 - 21:15

MUAY THAI
BEGINNERS /
INTERMEDIATE

20:00-21:00

KRAV MAGA
EDGWARE - BACK SEP

20:00-21:00

MUAY THAI
BEGINNERS /
INTERMEDIATE

20:30-22:00

**BRAZILIAN
JIU JITSU
GI**

20:00-21:30

CAPOEIRA
START WITH
STRETCH & MOVE

Timetable subject to
change.

Check live schedule /
book your classes via
our app / website.

Classes are in Hendon
(except Edgware where
stated).

WATCH A
PREVIEW:



see more at
dsdacademy.co.uk

07/08/26

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