020 8203 0500
office@dynamicselfdefence.com

ADULTS TIMETABLE

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

MON	TUE	WED	THU	FRI	SAT	SUN
09:30-10:30 **KRAV MAGA** WOMEN ONLY					10:00-11:00 **BOXING**	
12:05-13:30 **BRAZILIAN JIU JITSU** GI	12:15-13:15 **MUAY THAI** BEGINNERS / INTERMEDIATE	12:05-13:30 **SUBMISSION GRAPPLING**	12:15-13:15 **MUAY THAI** BEGINNERS / INTERMEDIATE	12:05-13:30 **SUBMISSION GRAPPLING**	11:00-12:00 **BRAZILIAN JIU JITSU** GI	11:00-12:00 **KRAV MAGA**
				12:05-13:05 **KRAV MAGA**	12:00-13:30 **MUAY THAI** BEGINNERS / INTERMEDIATE + OPTIONAL SPARRING	
19:30-20:30 **KRAV MAGA**	19:30-20:30 **KRAV MAGA** BEGINNERS	19:15 - 20:15 **SUBMISSION GRAPPLING**	19:00-20:00 **KRAV MAGA** BEGINNERS (AND 8-9PM EDGWARE)	19:00-20:00 **BRAZILIAN JIU JITSU** GI		
20:30-22:00 **BRAZILIAN JIU JITSU** GI	20:30-22:00 **MUAY THAI** BEGINNERS / INTERMEDIATE + OPTIONAL SPARRING	20:15 - 21:15 **MUAY THAI** BEGINNERS / INTERMEDIATE	20:00-21:30 **CAPOEIRA** START WITH **STRETCH & MOVE**	20:00-21:00 **MUAY THAI** BEGINNERS / INTERMEDIATE		

Timetable subject to change.

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

Classes are in Hendon (except Edgware where stated).

01/11/26

WATCH A PREVIEW

see more at dsdacademy.co.uk

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