



020 8203 0500
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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			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 <u>EDGWARE</u>	19:30-20:30 KRAV MAGA BEGINNERS	19:15 - 20:15 SUBMISSION GRAPPLING	19:00-20:00 KRAV MAGA BEGINNERS MIXED & WOMEN	19:00-20:00 BRAZILIAN JIU JITSU GI			
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 <u>EDGWARE</u>	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

03/02/26

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