



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

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

Timetable subject to change.
Check live schedule / book your classes via our app / website.
Classes are in Hendon (except Edgware where stated).

19:00-19:55
KRAV MAGA
WOMEN ONLY
EDGWARE

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

19:30 - 20:30
MUAY THAI
BEGINNERS /
INTERMEDIATE

20:00-21:00
KRAV MAGA
EDGWARE

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

WATCH A PREVIEW:



see more at
dsdacademy.co.uk
10/06/26

BOOK HERE: DOWNLOAD OUR APP


