



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

12:00-13:30

MUAY THAI

BEGINNERS / INTERMEDIATE
+
OPTIONAL SPARRING

Timetable subject to
change.

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

Classes are in Hendon
(except Edgware where
stated).

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

11/09/26

WATCH A PREVIEW



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