



**KRAV
MAGA**

BOXING

**BRAZILIAN
JIU JITSU**

**MUAY
THAI**

FITNESS

CAPOEIRA

MMA

**ONE to
ONE**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

10.00 – 10.55am

**BOXING
LADIES ONLY**

10.00 – 10.55am

**STRETCH &
MOVE**

9.00-9.45am

**BOXING
(+ ZOOM)**

11.00 – 12.00pm

MUAY THAI

11.00-12.00pm

**KRAV MAGA
(+ ZOOM)**

12.15-1.15pm

MUAY THAI

12.15-1.15pm

MUAY THAI

12.15-1.15pm

MUAY THAI

12.15-1.15pm

MUAY THAI

12.15-1.15pm

MUAY THAI

12.15 – 13.05

**CAPOEIRA
TEENS
(13-16yrs)**

1.30-2.30pm

BOXING

1.30-2.30pm

**CAPOEIRA
BEGINNERS**

1.30-2.30pm

BOXING

7.30-8.30pm

**KRAV MAGA
(+ ZOOM)**

7.30-8.30pm

**KRAV MAGA
BEGINNERS**

6.30-7.15pm

**KRAV MAGA
(+ ZOOM)**

7.30-8.15pm

**KRAV MAGA
BEGINNERS**

8.45-9.45pm

MUAY THAI

8.45 – 9.45pm

BOXING

7.30-8.30pm

MUAY THAI

8.30-9.30pm

**CAPOEIRA
MIXED LEVEL**

**HENDON
Adults**

DSD Academy

020 8203 0500
info@dsdacademy.co.uk
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Timetable subject to change.
To book your place / check via
'DSD Academy' app or website

APRIL '21

12/03/2021