



**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	8.00-8.45am KRAV MAGA (+ ZOOM)	9.00-9.45am BOXING (+ ZOOM)	
				10.00 – 10.45 KRAV MAGA	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 KRAV MAGA	1.30 – 2.30pm BOXING		HENDON Adults DSD Academy 020 8203 0500 info@dsdacademy.co.uk dsdacademy.co.uk Classes are subject to change. To book your place / check via 'DSD Academy' app or website	
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	7.30-8.30pm MUAY THAI ADVANCED		
8.45-9.45pm MUAY THAI	8.45 – 9.45pm BOXING	7.30-8.30pm MUAY THAI	8.30-9.30pm CAPOEIRA MIXED LEVEL			

NOVEMBER '20

27/10/2020