

DYNAMIX FIGHTING SPORTS - SUMMERCAMP 2010

START TIME	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST 08.00-10.00	BREAKFAST 08.00-10.00	BREAKFAST 08.00-10.00	BREAKFAST 08.00-10.00	BREAKFAST 08.00-10.00	BREAKFAST 08.00-10.00
YOGA 08.00-08.45		Usama Aziz Nacka Dojo	Usama Aziz Nacka Dojo	Usama Aziz Nacka Dojo	ZZzzzzz... :)
PAUSE		PAUSE	PAUSE	PAUSE	PAUSE
10.15-11.30		A-GROUP <i>Sportshall</i> Usama Aziz	A-GROUP <i>Nacka Dojo</i> Anna Dimberg	A-GROUP <i>Budo</i> Bertrand Amoussou	A-GROUP <i>Budo</i> Usama Aziz
10.15-11.30		B-GROUP <i>Nacka Dojo</i> Joakim Stenberg	B-GROUP <i>Budo</i> Usama Aziz	B-GROUP <i>Sportshall</i> Martin Janson	B-GROUP <i>Sportshall</i> Bertrand Amoussou
10.15-11.30		C-GROUP <i>Budo</i> Anna Dimberg	C-GROUP <i>Sportshall</i> Marcelo	C-GROUP <i>Nacka Dojo</i> Usama Aziz	C-GROUP <i>Nacka Dojo</i> Marcelo
30 MIN PAUSE		30 MIN PAUSE	30 MIN PAUSE	11.40 PHOTO	30 MIN PAUSE
12.00-13.15		A-GROUP <i>Sportshall</i> Marcelo	BJJ & MMA sparring <i>Nacka Dojo</i> (Usama & Marcelo)	BJJ & MMA sparring <i>Nacka Dojo</i> (Usama & Marcelo)	Dynamix sparring JJIF, MMA, BJJ <i>Sportshall</i>
12.00-13.15		B-GROUP <i>Nacka Dojo</i> Bertrand Amoussou			
12.00-13.15		C-GROUP <i>Budo</i> Martin Janson	JJIF-sparring <i>Sportshall</i> (Anna & Bertrand)	JJIF-sparring <i>Sportshall</i> (Anna & Bertrand)	
LUNCH 13.15-14.30		LUNCH 13.15-14.30	LUNCH 13.15-14.30	LUNCH 13.15-14.30	CAMP ENDS 13.15
15.45-17.00		14.00 Camp activity	A-GROUP <i>Sportshall</i> Martin Janson	A-GROUP <i>Nacka Dojo</i> Marcelo	
15.45-17.00	Arrival of all fighters	14. 00 Camp activity	B-GROUP <i>Nacka Dojo</i> Anna Dimberg	B-GROUP <i>Budo</i> Joakim Stenberg	
15.45-17.00		14.00 Camp activity	C-GROUP <i>Budo</i> Bertrand Amoussou	C-GROUP <i>Sportshall</i> Anna Dimberg	
17.30-19.00	A-GROUP <i>Sportshall</i> Bertrand Amoussou	16.30-17.45 A-GROUP <i>Nacka Dojo</i> Joakim Stenberg		17.30-19.30 Graduations <i>Sportshall</i>	
17.30-19.00	B-GROUP <i>Budo</i> Marcelo	16.30-17.45 B-GROUP <i>Budo</i> Anna Dimberg	17.30 Dynamix meeting For everybody <i>Nacka Dojo</i>	20.00 Party at Nacka Dojo! <i>Don't forget your camp id card to the party!</i>	
17.30-19.00	C-GROUP <i>Nacka Dojo</i> Joakim Stenberg	16.30-17.45 C-GROUP <i>Sportshall</i> Marcelo			
	Registration & small barbeque	18:30-19.30 <i>Nacka Dojo</i> Martin Janson	18:30-19.30 <i>Nacka Dojo</i> Bertrand Amoussou		
GROUPS			TRAINING AREAS		
A-GROUP Elite and competitors	B-GROUP More than 2 years training	C-GROUP Beginners and below 2 years of training	Sportshall In the big sportshall	Budo In the "Budolokal"	Nacka Dojo At Nacka Dojo academy