


START TIME	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASS 08.15-09.00		YOGA ND Rose-Marie A.	YOGA ND Rose-Marie A.	YOGA ND Rose-Marie A.	No morning class
08.00-10.00	No breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10.15-11.30		A-GROUP ND Joakim Stenberg	A-GROUP Budo Marcelo	A-GROUP Budo Rob Haans	A-GROUP ND Sidney Silva
10.15-11.30		B-GROUP Budo Martin Janson	B-GROUP Sportshall Sidney Silva	B-GROUP ND Marcelo	B-GROUP Sportshall Rob Haans
10.15-11.30		C-GROUP Sportshall Anna Dimberg	C-GROUP ND Rob Haans	C-GROUP Sportshall Sidney Silva	C-GROUP Budo Marcelo
PAUSE		PAUSE	PAUSE	PHOTO @ ND	PAUSE
12.00-13.15		A-GROUP Budo Rob Haans	Sparringclass BJJ-sparring ND Marcelo & Sidney JJIF-sparring Sportshall Rob & Anna	Sparringclass MMA-sparring ND Sidney & Joakim Dynamixsparring Sportshall Anna & Marcelo	Dynamix sparring (JJIF, MMA, BJJ) Sportshall Rob, Sidney, Marcelo
12.00-13.15		B-GROUP Sportshall Marcelo			
12.00-13.15		C-GROUP ND Sidney Silva			
LUNCH 11.30-14.30		LUNCH 11.30-14.30	LUNCH 11.30-14.30	LUNCH 11.30-14.30	Camp ends 13.30
15.45-17.00		A-GROUP Sportshall Anna Dimberg	A-GROUP ND Martin Janson	A-GROUP Sportshall Anna Dimberg	
15.45-17.00		B-GROUP ND Joakim Stenberg	B-GROUP Budo Anna Dimberg	B-GROUP Budo Joakim Stenberg	
15.45-17.00		C-GROUP Budo Martin Janson	C-GROUP Sportshall Joakim Stenberg	C-GROUP ND Martin Jansson	
17.30-19.00	A-GROUP Budo Sidney Silva				
17.30-19.00	B-GROUP ND Rob Haans		17.30-18.15 Dynamix meeting @ ND	17.30-19.00 Graduations @ ND	SUMMERCAMP 2011
17.30-19.00	C-GROUP Sportshall Marcelo				
	19.00-21.00 Payment & barbeque	18:30-19.45 ND Evening class Sidney Silva	18:30-19.45 Sportshall Evening class Marcelo Yogui	20.00 Party !! Imperial Lanes	
	21.00 Dinner for instructors	18:30-19.45 Sportshall Evening class Rob Haans	18:30-19.45 ND Evening class Anna Dimberg	<i>Don't forget your member id card to the party!</i>	
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"	ND At Nacka Dojo academy