

SUMMERCAMP 2013

START TIME	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASS 08.15-09.00		Zen Meditation Ingemar Sköld ND 1	Zen Meditation Ingemar Sköld ND 1	Zen Meditation Ingemar Sköld ND 1	No morning class
08.00-10.00	No breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10.15-11.30		BRAZILIAN JJ ND 1 <i>Teta & Renato</i>	BRAZILIAN JJ ND 1 <i>Teta & Renato</i>	BRAZILIAN JJ ND 1 <i>Teta & Renato</i>	BRAZILIAN JJ ND 1 <i>Teta & Renato</i>
10.15-11.30		WRESTLING/SW ND 2 <i>Dennis Erdogan</i>	MMA/WRESTLING ND 2 <i>Simon & Dennis</i>	WRESTLING/SW ND 2 <i>Dennis Erdogan</i>	MMA ND 2 <i>Simon Sköld</i>
PAUSE		PAUSE	PAUSE	PHOTO @ ND	PAUSE
12.00-13.15		BRAZILIAN JJ ND 1 <i>Teta & Renato</i>	BJJ-SPARRING ND 1 <i>Teta & Renato</i> ----- MMA & SPORT JJ SPARRING ND 2 <i>Simon & Ingemar</i>	BJJ-SPARRING ND 1 <i>Teta & Renato</i> ----- MMA & SPORT JJ SPARRING ND 2 <i>Simon & Ingemar</i>	DYNAMIX SPARRING (JJIF, MMA, BJJ) Sportshall <i>All available instructors</i>
12.00-13.15	SPORT JJ ND 2 <i>Ingemar Sköld</i>				
12.00-13.15					
LUNCH 13.15-14.30		LUNCH 13.15-14.30	LUNCH 13.15-14.30	LUNCH 13.15-14.30	Camp ends 13.30
15.45-17.00		BRAZILIAN JJ ND 1 <i>Teta & Renato</i>	WRESTLING/SW ND 1 <i>Martin Lidberg & Dennis Erdogan</i>	BRAZILIAN JJ ND 1 <i>Teta & Renato</i>	
15.45-17.00		MMA/WRESTLING ND 1 <i>Simon & Dennis</i>	SPORT JJ ND 2 <i>Ingemar Sköld</i>	OLD SCHOOL JJ ND 2 <i>Ingemar Sköld Carlos Romero</i>	
17.30-19.00	BRAZILIAN JJ ND 1 <i>Teta & Renato</i>				
17.30-19.00	MMA ND 2 <i>Simon Sköld</i>	17.30-18.15 Dynamix academies meeting @ ND	17.30-18.30 Lecture with Martin Lidberg ND 1	17.30-18.30 SJJ green belt graduations @ ND 1	
				18.30-20.00 SJJ & BJJ graduations @ ND 1	
	19.00-21.00 Payment & barbeque	19:00-20.15 BRAZILIAN JJ ND 1 <i>Renato & Teta</i>	19:00-20.15 BRAZILIAN JJ ND 1 <i>Teta & Renato</i>		
	21.00 Dinner for instructors	19.00-20.15 SPORT JJ ND 2 <i>Ingemar Sköld</i>	19.00-20.15 MMA ND 2 <i>Simon Sköld</i>	21.00 Party	
		Movie night 20.45	Movie night 20.45		
Bring your camp ID to every class			Sportshall <i>In the big sportshall</i>	ND 1 <i>Mat on the middle floor</i>	ND 2 <i>Mat on the upper floor</i>