

SUMMERCAMP 2014

START TIME	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASS 08.15-09.00		Yoga Sofie Carlsson ND 1	Yoga Sofie Carlsson ND 1	Yoga Sofie Carlsson ND 1	No morning class
08.00-10.00	No breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10.15-11.30		BRAZILIAN JJ ND 1 <i>Renato</i>	THAIBOXNING ND 2 Jörgen Kruth	BRAZILIAN JJ ND 1 <i>Renato</i>	BRAZILIAN JJ ND 1 Renato
10.15-11.30		THAIBOXNING ND 2 Jörgen Kruth	MMA/WRESTLING ND 2 Martin Lidberg	MMA ND 2 Simon Sköld	SPORT JJ ND 2 Sara & Fredrik Widgren
PAUSE		PAUSE	PAUSE	CAMP PHOTO!	PAUSE
12.00-13.15		WRESTLING FOR MMA/SW ND 1 Martin Lidberg	BJJ-SPARRING ND 1 <i>Renato</i> -----	BJJ-SPARRING ND 1 <i>Renato</i> -----	DYNAMIX SPARRING (JJIF, MMA, BJJ) Sportshall <i>All available instructors</i>
12.00-13.15		SPORT JJ ND 2 Sara & Fredrik Widgren	MMA, THAI & SPORT JJ SPARRING Sportshall	MMA, THAI & SPORT JJ SPARRING Sportshall	
12.00-13.15			Jörgen Kruth Sara & Fredrik Widgren	Simon Sköld Sara & Fredrik Widgren	
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>Renato</i>	WRESTLING/SW ND 1 <i>Martin Lidberg</i>	BRAZILIAN JJ ND 1 Renato	
15.45-17.00		THAIBOXNING ND 2 Jörgen Kruth	SPORT JJ ND 2 Sara & Fredrik Widgren	SPORT JJ ND 2 Sara & Fredrik Widgren	
17.30-19.00	BRAZILIAN JJ ND 1 Renato				
17.30-19.00	WRESTLING FOR MMA/SW ND 2 Martin Lidberg	17.30-18.15 Dynamix academies meeting @ ND	17.30-18.30 Lecture with Martin Lidberg & Jörgen Kruth 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</i>	19:00-20.15 BRAZILIAN JJ ND 1 <i>Renato</i>		
	21.00 Dinner for instructors	SPORT JJ Sportshall Sara & Fredrik Widgren	SPORT JJ Sportshall Sara & Fredrik Widgren	21.00 Party @ O'Learys	
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>

KIDS CAMP 2014

		THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASS 08.15-09.00		Yoga Sofie Carlsson ND 1	Yoga Sofie Carlsson ND 1	Yoga Sofie Carlsson ND 1	No morning class
08.00-10.00		Breakfast	Breakfast	Breakfast	Breakfast
10.15-11.30		BROTNING @ Sportshall <i>Martin Lidberg</i>	BRAZILIAN JJ @ Sportshall <i>Renato</i>	SPORT JJ @ Sportshall Sara & Fredrik Widgren	MMA @ Sportshall Simon Sköld
Paus		Paus	Paus	Paus	Paus
12.00-13.15		THAIBOXNING @Sportshall <i>Jörgen Kruth</i>	Sparring BJJ @ ND1 Sparring Sport JJ @ Sportshall	Sparring BJJ @ ND1 Sparring Sport JJ @ Sportshall	Dynamix Sparring (Sport JJ, BJJ & MMA) @Sportshall
LUNCH 13.15-14.30		LUNCH 13.15-14.30	LUNCH 13.15-14.30	LUNCH 13.15-14.30	Camp ends 13.30
			14.30-15.30 Football match!		
		15.45-17.00 SPORT JJ @Sportshall <i>Sara & Fredrik Widgren</i>	15.45-17.00 BRAZILIAN JJ @Sporthall <i>Renato</i>	15.45-17.00 BRAZILIAN JJ @Sporthall <i>Ralf Carneborn</i>	