

	THURSDAY 6/8				FRIDAY 7/8				SATURDAY 8/8				SUNDAY 9/8			
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
09.00-09.45	Yoga Sara				Yoga Sara				Yoga Sara				Yoga Sara			
09.45-10.00	BREAK / CLEANING MATS				BREAK / CLEANING MATS				BREAK / CLEANING MATS				BREAK / CLEANING MATS			
10.00-11.30 1	Gi Martina	No-Gi Michael	Sport JJ Fredrik	[10-11.00] Kids Camp Gi Ricard	Gi Maxine	No-Gi Martina	Sport JJ Emma	[10-11.00] Kids Camp Sport JJ Fredrik	Gi Martina	No-Gi Michael	Sport JJ Fredrik	[10-11.00] Kids Camp No-Gi Maxine	Gi Maxine	No-Gi Liam	Sport JJ Fredrik	[10.00-11.00] Kids Camp MMA JP
11.30-11.45	BREAK / CLEANING MATS				BREAK / CLEANING MATS				BREAK / CLEANING MATS				BREAK / CLEANING MATS			
11.45-13.15 2	Gi Martina	No-Gi Liam	Sport JJ Emma	[11.45-12.45] Kids Camp No-Gi Michael	Gi Linda	No-Gi Martina	Sport JJ Fredrik	[11.45-12.45] Kids Camp No-Gi Liam	Gi Ricard	No-Gi Liam	Sport JJ Emma	[11.45-12.45] Kids Camp Gi Ralf	Dynamix sparring Jiu-Jitsu Gi, No-Gi		Dynamix sparring Sport JJ	
13.15-13.30	BREAK / CLEANING MATS				BREAK / CLEANING MATS				BREAK / CLEANING MATS				<i>We appreciate all the help with the mats!</i>			
13.30-15.00 3	Gi Sparring		No-Gi Sparring	Sport JJ Sparring	Gi Sparring	No-Gi Sparring		Sport JJ Sparring	Gi Sparring	No-Gi Sparring		Sport JJ Sparring	Instructors 2020: Martina Gramenius, jiu-jitsu Ralf Carneborn, jiu-jitsu Maxine Thylin, jiu-jitsu Linda Lindström, jiu-jitsu, sport jj Ricard Carneborn, jiu-jitsu Eva-My Persson, jiu-jitsu Liam Alpäng, jiu-jitsu Michael Alpäng, jiu-jitsu Fredrik Widgren, sport jj Emma Lette, sport jj Sara Edgren, Yoga Christopher "JP" Basuari, MMA			
15.00-15.15	BREAK / CLEANING MATS				BREAK / CLEANING MATS				BREAK / CLEANING MATS							
15.15-16.45 4	Gi Ricard	No-Gi Eva-My	Sport JJ Linda	[15.15-16.15] Kids Camp Sport JJ Emma	Gi Ralf	No-Gi Eva-My	Sport JJ Linda	[15.15-16.15] Kids Camp Gi Martina	Gi Martina	No-Gi Ralf	Sport JJ Fredrik	[15.15-16.15] Kids Camp Sport JJ Linda				
16.45-17.00	BREAK / CLEANING MATS				BREAK / CLEANING MATS				BREAK / CLEANING MATS							
17.00-18.30 5	Gi Ralf		No-Gi Eva-My		Gi Maxine		No-Gi Eva-My		Gi Ralf		No-Gi Michael					
18.30-18.45	BREAK / CLEANING MATS				BREAK / CLEANING MATS				BREAK / CLEANING MATS							
18.45-20.15 6	Gi Sparring		No-Gi Sparring	Sport JJ Sparring	Gi Sparring	No-Gi Sparring	Sport JJ Sparring	Gi Sparring	No-Gi Sparring	Sport JJ Sparring						