

Dynamix Summercamp 2021

Welcome to the 23:rd summercamp in a row!

Thursday 09.00-19.30				Friday 09.00-19.30				Saturday 09.00-19.30				Sunday 09.00-13.15	
MATTA 1	MATTA 2	MATTA 3	MATTA 4	MATTA 1	MATTA 2	MATTA 3	MATTA 4	MATTA 1	MATTA 2	MATTA 3	MATTA 4	MATTA 1	MATTA 2
Nacka Dojo		Skuruhallen		Nacka Dojo		Skuruhallen		Nacka Dojo		Skuruhallen		Nacka Dojo	
09.00-09.45 YOGA				09.00-09.45 YOGA				09.00-09.45 YOGA				09.00-09.45 YOGA	
10.15-11.30 Jiu-Jitsu Gi	10.15-11.30 Jiu-Jitsu No-Gi	10.15-11.30 Sport JJ	10.15-11.30 Kids Camp Jiu-Jitsu Gi	10.15-11.30 Jiu-Jitsu Gi	10.15-11.30 Jiu-Jitsu No-Gi	10.15-11.30 Sport JJ	10.15-11.30 Kids Camp Jiu-Jitsu Gi	10.15-11.30 Jiu-Jitsu Gi	10.15-11.30 Jiu-Jitsu No-Gi	10.15-11.30 Sport JJ	10.15-11.30 Kids Camp Jiu-Jitsu Gi	10.15-11.30 Jiu-Jitsu Gi	10.15-11.30 Jiu-Jitsu No-Gi
12.00-13.15 Jiu-Jitsu Gi	12.00-13.15 Jiu-Jitsu No-Gi	12.00-13.15 Sport JJ	12.00-13.00 Kids Camp No-Gi	12.00-13.15 Jiu-Jitsu Gi	12.00-13.15 Jiu-Jitsu No-Gi	12.00-13.15 Sport JJ	12.00-13.00 Kids Camp Judo	12.00-13.15 Jiu-Jitsu Gi	12.00-13.15 Jiu-Jitsu No-Gi	12.00-13.15 Sport JJ	12.00-13.00 Kids Camp Jiu Jitsu Gi	12.00-13.15 DYNAMIX SPARRING FOR EVERYONE!	
LUNCHBREAK	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES	Please help us carry mats!	
14.30-15.30 Jiu-Jitsu Gi Sparring	14.30-15.30 Jiu-Jitsu No-Gi Sparring	14.30-15.30 Sport JJ Sparring		14.30-15.30 Jiu-Jitsu Gi Sparring	14.30-15.30 Jiu-Jitsu No-Gi Sparring	14.30-15.30 Sport JJ Sparring		14.30-15.30 Jiu-Jitsu Gi Sparring	14.30-15.30 Jiu-Jitsu No-Gi Sparring	14.30-15.30 Sport JJ Sparring			
15.45-17.00 Jiu-Jitsu Gi	15.45-17.00 Jiu-Jitsu No-Gi	15.45-17.00 Sport JJ	15.45-16.45 Kids Camp Sport JJ	15.45-17.00 Jiu-Jitsu Gi	15.45-17.00 Jiu-Jitsu No-Gi	15.45-17.00 Sport JJ	15.45-16.45 Kids Camp Sport JJ	15.45-17.00 Jiu-Jitsu Gi	15.45-17.00 Jiu-Jitsu No-Gi	15.45-17.00 Sport JJ	15.45-16.45 Kids Camp No-Gi		
18.00-19.30 Jiu-Jitsu Gi + No-Gi		18.00-19.30 Sport JJ		18.00-19.30 Jiu-Jitsu Gi + No-Gi		18.00-19.30 Sport JJ		18.00-19.30 Jiu-Jitsu Gi + No-Gi		17.15 Sport JJ Graduation			
				Dynamix Meeting 17.15									

Jiu Jitsu Gi = Gi
 Jiu Jitsu No-Gi = Rashguard and tights/shorts.
 Sport JJ = Gi, gloves and shin protection.
 Judo = Gi

Mouthgard is optional

The doors opens at 08.30 every morning.

There are dressing rooms and showers at both Nacka Dojo and Skuruhallen. We offer a breakfast package every morning that you can buy in our café. Laundry service available at a limited amount.

Please don't wait til the last days to wash your Gi/Rashguards. Massage will be available to book at site.