

DYNAMIX SUMMERCAMP 2023

Welcome to the 25:th summercamp in a row!

Please note that changes can be made to the schedule.

Thursday 09.00-19.30			
MATTA 1	MATTA 2	MATTA 3	MATTA 4
Nacka Dojo		Skuruhallen	
09.00-09.45 YOGA Karin			
10.00 Camp Opening Meeting at Mat 1			
10.15-11.30 Jiu-Jitsu Gi + NoGi Espen / Teta		10.15-11.30 Sport JJ Rob	10.15-11.30 Kids Camp Judo Tommy & Ricard
12.00-13.15 Jiu-Jitsu Gi + NoGi Teta / Espen		12.00-13.15 Judo Tommy	12.00-13.00 Kids Camp Jiu-Jitsu Gi Devi
LUNCHBREAK	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES
14.30-15.30 Jiu-Jitsu Gi + NoGi Sparring		14.30-15.30 Sport JJ Sparring	
15.45-17.00 Judo Tommy	15.45-17.00 Jiu-Jitsu No-Gi Teta	15.45-17.00 Sport JJ Rob	15.45-16.45 Kids Camp Jiu-Jitsu Gi Lina & Jibban
18.00-19.30 Jiu-Jitsu Gi + NoGi Espen		18.00-19.30 Sport JJ Rob	

Friday 09.00-19.30			
MATTA 1	MATTA 2	MATTA 3	MATTA 4
Nacka Dojo		Skuruhallen	
09.00-09.45 YOGA Karin			
10.15-11.30 Jiu-Jitsu Gi + NoGi Devi / Teta		10.15-11.30 Judo Tommy	10.15-11.30 Kids Camp Jiu-Jitsu Gi Espen
12.00-13.15 Jiu-Jitsu Gi + NoGi Teta		12.00-13.15 Sport JJ Rob	12.00-13.00 Kids Camp Jiu-Jitsu Gi Lina & Jibban
LUNCHBREAK	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES
14.30-15.30 Jiu-Jitsu Gi + NoGi Sparring		14.30-15.30 Sport JJ Sparring	
15.45-17.00 Jiu-Jitsu Gi Espen	15.45-17.00 Jiu-Jitsu Gi Devi	15.45-17.00 Judo Tommy	15.45-16.45 Kids Camp Jiu-Jitsu NoGi Teta
18.00-19.30 Jiu-Jitsu Gi + NoGi Espen		18.00-19.30 Judo Tommy	

Saturday 09.00-19.30			
MATTA 1	MATTA 2	MATTA 3	MATTA 4
Nacka Dojo		Skuruhallen	
09.00-09.45 YOGA Karin			
10.15-11.30 Judo Tommy	10.15-11.30 Jiu-Jitsu NoGi Teta	10.15-11.30 Sport JJ Rob	10.15-11.30 Kids Camp Jiu-Jitsu Gi Devi
11.45 CAMP PHOTO! Outside on the schoolyard!			
12.00-13.15 Jiu-Jitsu Graduation Teta	12.00-13.15 Jiu-Jitsu Gi Espen	12.00-13.15 Judo Tommy	12.00-13.00 Kids Camp Sport JJ Rob
Dynamix Meeting 13.30			
LUNCHBREAK	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES
14.30-15.30 Jiu-Jitsu Gi + NoGi Sparring		14.30-15.30 Sport JJ Sparring	
15.45-17.00 Judo Tommy	15.45-17.00 Jiu-Jitsu NoGi Teta	15.45-17.00 Sport JJ Rob	15.45-16.45 Kids Camp Jiu-Jitsu Gi Lina & Jibban
18.00-19.30 Jiu-Jitsu Gi + No-Gi Espen		17.15-19.30 Sport JJ Graduation	

Sunday 09.00-14.00	
MATTA 1	MATTA 2
Nacka Dojo	
09.00-09.45 YOGA Karin	
10.15-11.30 Jiu-Jitsu Gi Espen	10.15-11.30 Jiu-Jitsu NoGi Teta
MATTA 3	MATTA 4
Skuruhallen	
10.15-11.30 Judo Tommy	10.15-11.30 Kids Camp Jiu-Jitsu Gi Lina & Jibban
12.00-13.15 DYNAMIX SPARRING FOR EVERYONE! MAT 3+4	
Please help us carry mats!	

The doors opens at 08.30 every morning.

There are dressing rooms and showers at both Nacka Dojo and Skuruhallen. Laundry service available at a limited amount. Please don't wait til the last days to wash your Gi/Rashguards. We have a café that offers drinks, coffe, snacks, Acai and Foodbox. We only accept payment by card. Massage will be available to book at site friday, saturday and sunday.

NACKA DOJO

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