

# DYNAMIX SUMMERCAMP 2024

Welcome to the 26:th summercamp in a row!

Thursday 09.00-18.30		
MAT 1	MAT 2	MAT 3
Nacka Dojo		Griffelvägen 17
09.00-10.15 <b>Kids Camp</b> Lina & Jibban	09.00-09.45 <b>Yoga</b> Diana	10.00 Camp Opening
10.15 Camp Opening		10.00-11.30
10.15-11.30 <b>Jiu-Jitsu</b> Gi + NoGi Jon		<b>Sport JJ</b> Rob
12.00-13.00 <b>Kids Camp</b> Jon & Ricard	12.00-13.00 <b>Jiu-Jitsu</b> No-Gi Teta	12.00-13.30 <b>Sport JJ</b> Rob
13.15-14.30 <b>Jiu-Jitsu</b> Gi + NoGi Teta		
14.30-15.45 <b>Kids Camp</b> Lina & Jibban	14.45-15.45 <b>Jiu-Jitsu</b> No-Gi Teta	15.30-17.00
16.00-18.00 <b>Jiu-Jitsu</b> Gi + NoGi Jon & Teta 1h technique 1h sparring		<b>Sport JJ</b> Rob
		17.30-18.30 <b>Sport JJ</b> Rob

Friday 09.00-18.30		
MAT 1	MAT 2	MAT 3
Nacka Dojo		Griffelvägen 17
09.00-10.15 <b>Kids Camp</b> Teta	09.00-09.45 <b>Yoga</b> Diana	
10.15-11.30 <b>Jiu-Jitsu</b> Gi + NoGi Teta		10.00-11.30
12.00-13.00 <b>Kids Camp</b> Lina & Jibban	12.00-13.00 <b>Jiu-Jitsu</b> No-Gi Teta	12.00-13.30 <b>Sport JJ</b> Rob
13.15-14.30 <b>Jiu-Jitsu</b> Gi + NoGi Jon		
14.30-15.45 <b>Kids Camp</b> Lina & Jibban	14.45-15.45 <b>Jiu-Jitsu</b> No-Gi Teta	15.30-17.00
16.00-18.00 <b>Jiu-Jitsu</b> Gi + NoGi Jon 1h technique 1h sparring		<b>Sport JJ</b> Rob
		17.30-18.30 <b>Sport JJ</b> Rob

Saturday 09.00-20.00		
MAT 1	MAT 2	MAT 3
Nacka Dojo		Griffelvägen 17
09.00-10.15 <b>Kids Camp</b> My	09.00-09.45 <b>Yoga</b> Diana	10.00 Camp photo!
10.15-11.30 <b>Jiu-Jitsu</b> Gi + NoGi Jon		10.00-11.30
11.30 Camp photo!		
12.00-13.00 <b>Kids Camp</b> Fredrik	11.45-13.00 <b>Jiu-Jitsu</b> No-Gi My	12.00-13.30 <b>Sport JJ</b> Rob
13.15-14.30 <b>Jiu-Jitsu</b> Gi + NoGi Teta		
Dynamix Meeting 14.30		
14.30-15.45 <b>Kids Camp</b> Fredrik	14.45-16.00 <b>Jiu-Jitsu</b> No-Gi My	15.30-17.00
		<b>Sport JJ</b> Rob
18.00-20.00 <b>Sport JJ</b> Graduation	17.30-19.00 <b>Jiu-Jitsu</b> Gi Jon & Teta	

Sunday 09.00-14.00		
MAT 1	MAT 2	MAT 3
Nacka Dojo		Griffelvägen 17
09.00-10.15 <b>Kids Camp</b> Fredrik	09.00-09.45 <b>Yoga</b> Diana	
10.15-11.30 <b>Jiu-Jitsu</b> Gi + NoGi Jon & Teta	10.45-11.45 <b>Kids Camp</b> Lina & Jibban	10.00-11.30
12.00-13.15 <b>DYNAMIX</b> <b>SPARRING</b>		12.00-13.30 <b>Sport JJ</b> Rob
End of summer camp! Please throw away your trash and make sure that you haven't forgotten anything		

Please note that changes can be made to the schedule.

**The doors opens at 08.30 every morning.**

There are dressing rooms and showers at both Nacka Dojo and Griffelvägen.



**Laundry service** available at Nacka Dojo at a limited amount. Please don't wait til the last days to wash your Gi/Rashguards.

Nacka Dojo have a **café** that offers drinks, coffee, snacks, Acai and Foodbox. We only accept payment by card.