

DYNAMIX SUMMERCAMP 2022

Welcome to the 24:th 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				09.00-09.45				09.00-09.45				09.00-09.45	
YOGA				YOGA				YOGA				YOGA	
10.00 Camp Opening Meeting at Mat 1													
10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30	10.15-11.30
Jiu-Jitsu Gi	Jiu-Jitsu No-Gi	Sport JJ	Kids Camp Jiu-Jitsu Gi	Jiu-Jitsu Gi	Jiu-Jitsu No-Gi	Sport JJ	Kids Camp Jiu-Jitsu Gi	Jiu-Jitsu Gi	Jiu-Jitsu No-Gi	Sport JJ	Kids Camp Sport JJ	Jiu-Jitsu Gi	Jiu-Jitsu No-Gi
12.00-13.15	12.00-13.15	12.00-13.15	12.00-13.00	12.00-13.15	12.00-13.15	12.00-13.15	12.00-13.00	12.00-13.15	12.00-13.15	12.00-13.15	12.00-13.00	12.00-13.15	12.00-13.15
Jiu-Jitsu Gi	Jiu-Jitsu No-Gi	Sport JJ	Kids Camp Sport JJ	Jiu-Jitsu Gi	Jiu-Jitsu No-Gi	Sport JJ	Kids Camp Karate	Jiu-Jitsu Gi Graduation	Jiu-Jitsu No-Gi	Sport JJ	Kids Camp Jiu Jitsu Gi	Jiu-Jitsu Gi	Jiu-Jitsu No-Gi
LUNCHBREAK	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES	LUNCHBREAK & ACTIVITIES
14.30-15.30		14.30-15.30		14.30-15.30		14.30-15.30		14.30-15.30		14.30-15.30		14.30-15.30	
Jiu-Jitsu Gi + No-Gi Sparring		Sport JJ Sparring		Jiu-Jitsu Gi + No-Gi Sparring		Sport JJ Sparring		Jiu-Jitsu Gi + No-Gi Sparring		Sport JJ Sparring		Jiu-Jitsu Gi + No-Gi Sparring	
15.45-17.00	15.45-17.00	15.45-17.00	15.45-16.45	15.45-17.00	15.45-17.00	15.45-17.00	15.45-16.45	15.45-17.00	15.45-17.00	15.45-17.00	15.45-16.45	15.45-17.00	15.45-16.45
Jiu-Jitsu Gi	Jiu-Jitsu No-Gi	Sport JJ	Kids Camp Jiu-Jitsu Gi	Jiu-Jitsu Gi	Jiu-Jitsu No-Gi	Sport JJ	Kids Camp Sport JJ	Jiu-Jitsu Gi	Jiu-Jitsu No-Gi	Sport JJ	Kids Camp Jiu-Jitsu Gi	Jiu-Jitsu Gi	Jiu-Jitsu No-Gi
18.00-19.30		18.00-19.30		18.00-19.30		18.00-19.30		18.00-19.30		17.15		17.15	
Jiu-Jitsu Gi + No-Gi		Sport JJ		Jiu-Jitsu Gi + No-Gi		Sport JJ		Jiu-Jitsu Gi + No-Gi		Sport JJ Graduation		Jiu-Jitsu Gi + No-Gi	
												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. 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.

NACKA DOJO

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