

DYNAMIX SUMMERCAMP 2026

BRAZILIAN JIU-JITSU ADULT, YOUTH & KIDS CAMP

Welcome to the 28:th summercamp in a row!

Please note that changes can be made to the schedule.

Thursday				Friday				Saturday				Sunday	
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	
				08.00-08.45 YOGA Diana				08.00-08.45 YOGA Diana				08.00-08.45 YOGA Diana	
08.45 Camp Opening Meeting at Mat 1													
09.00-10.30 Jiu-Jitsu Gi Teta	09.00-10.30 Jiu-Jitsu NoGi Josefine	09.00-10.15 Youth Camp Gi 12-14 years Jibban	09.00-10.15 Kids Camp Gi 6-11 years Lina	09.00-10.30 Jiu-Jitsu Gi Max	09.00-10.30 Jiu-Jitsu NoGi Teta	09.00-10.15 Youth Camp Gi 12-14 years Lina	09.00-10.00 Kids Camp Gi 6-11 years Jibban	09.00-10.30 Jiu-Jitsu Gi Kjetil	09.00-10.30 Jiu-Jitsu NoGi Josefine	09.00-10.15 Youth Camp Gi 12-14 years Teta	09.00-10.00 Kids Camp Gi 6-11 years Lina + Jibban	09.00-10.30 Jiu-Jitsu Gi Josefine	09.00-10.30 Jiu-Jitsu NoGi Kjetil
11.00-12.00 Jiu-Jitsu Gi + NoGi Teta / Sparring		11.00-12.15 Youth Camp Gi 12-14 years Jesper	11.00-12.00 Kids Camp NoGi 6-11 years Josefine	11.00-12.00 Jiu-Jitsu Gi + NoGi Teta / Sparring		11.00-12.15 Youth Camp NoGi 12-14 years Kjetil	11.00-12.00 Kids Camp Gi 6-11 years Josefine	11.00-13.00 Jiu-Jitsu Gi + NoGi Graduation Teta		11.00-12.15 Youth Camp Gi 12-14 years Josefine	11.00-12.00 Kids Camp NoGi 6-11 years Kjetil		
LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES	LUNCHBREAK & ACTIVITIES	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES	LUNCHBREAK & ACTIVITIES	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK & ACTIVITIES	LUNCHBREAK & ACTIVITIES	09.00-10.15 Youth Camp Gi 12-14 years Teta	09.00-10.00 Kids Camp Gi 6-11 years Lina + Jibban
15.00-16.30 Jiu-Jitsu Gi Kjetil	15.00-16.30 Jiu-Jitsu NoGi Josefine	15.00-16.15 Youth Camp NoGi 12-14 years Teta	15.00-16.00 Kids Camp Gi 6-11 years Jibban	15.00-16.30 Jiu-Jitsu Gi Max	15.00-16.30 Jiu-Jitsu NoGi Kjetil	15.00-16.15 Youth Camp Gi 12-14 years Jesper	15.00-16.00 Kids Camp Gi 6-11 years Jibban	15.00-16.30 Jiu-Jitsu Gi Teta	15.00-16.30 Jiu-Jitsu NoGi Josefine	15.00-16.15 Youth Camp Gi 12-14 years Kjetil	15.00-16.00 Kids Camp Gi 6-11 years Lina + Jibban	11.00-12.15 DYNAMIX SPARRING FOR EVERYONE! MAT 3+4	
17.00-18.00 Jiu-Jitsu Gi + NoGi Kjetil / Sparring				17.00-18.00 Jiu-Jitsu Gi + NoGi Josefine / Sparring		16.30-17.30 DYNAMIX SPARRING Youth & Kids Camp		17.00-18.00 Jiu-Jitsu Gi + NoGi Teta / Sparring		17.15-19.30 Sport JJ Graduation Mat 3+4		Please help us carry mats!	

The doors opens at 08.00 on Thursday and 07.45 on Friday, Saturday and Sunday

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 and Acai. We only accept payment by card. This year we will also have a foodtruck just outside the dojo.

NACKA DOJO

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