

JIU-JITSU SUMMER CAMP

TIME	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
7:00 AM	WAKE UP		WAKE UP		WAKE UP		WAKE UP		WAKE UP		WAKE UP		WAKE UP
7:00 AM - 8:00 AM	BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST
ACTIVITY	GYM (PHYSICAL TRAINING)	JIU JITSU (DRILL & SPECIFIC TRAINING)	GYM (PHYSICAL TRAINING)	JIU JITSU (DRILL & SPECIFIC TRAINING)	GYM (PHYSICAL TRAINING)	JIU JITSU (DRILL & SPECIFIC TRAINING)	GYM (PHYSICAL TRAINING)	JIU JITSU (DRILL & SPECIFIC TRAINING)	GYM (PHYSICAL TRAINING)	JIU JITSU (DRILL & SPECIFIC TRAINING)	GYM (PHYSICAL TRAINING)	JIU JITSU (DRILL & SPECIFIC TRAINING)	LEISURE TIME (POOL)
8:30 AM - 10:00 PM	G-1	G-4	G-1	G-4	G-1	G-4	G-1	G-4	G-1	G-4	G-1	G-4	
10:000 AM - 11:30PM	G-2	G-5	G-2	G-5	G-2	G-5	G-2	G-5	G-2	G-5	G-2	G-5	
11:30 AM - 1:00PM	G-3	G-6	G-3	G-6	G-3	G-6	G-3	G-6	G-3	G-6	G-3	G-6	
1:30 PM - 3:00 PM	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH		LUNCH
3:00 PM - 6:00 PM	LEISURE TIME (POOL)		LEISURE TIME (POOL)		LEISURE TIME (POOL)		LEISURE TIME (POOL)		LEISURE TIME (POOL)		LEISURE TIME (POOL)		LEISURE TIME (POOL)
6:30 PM - 8:30 PM	JIU JITSU - DRILL & SPARRING		JIU JITSU - DRILL & SPARRING		JIU JITSU - DRILL & SPARRING		JIU JITSU - DRILL & SPARRING		JIU JITSU - DRILL & SPARRING		JIU JITSU - DRILL & SPARRING		JIU JITSU - DRILL & SPARRING
9:00 PM - 10:30 PM	DINNER		DINNER		DINNER		DINNER		DINNER		DINNER		DINNER
11:00 PM	SLEEP		SLEEP		SLEEP		SLEEP		SLEEP		SLEEP		SLEEP

GROUP - 1	GROUP - 2	GROUP - 3	GROUP - 4	GROUP - 5	GROUP - 6
G-1	G-2	G-3	G-4	G-5	G-6
THE GROUPS CAN BE DIVIDED BETWEEN JIU JITSU CLUBS, NATIONAL TEAM AND COMERCIAL CAMP. THE ACTIVITIES WILL BE DIVIDED BETWEEN JIU JITSU TRAINING, GYM (PHYSICAL TRAINING) AND LEISURE TIME (SWIMMING POOL)					

ACTIVITY		
JIU JITSU TRAINING	PHYSICAL TRAINING	SWIMMING POOL