

# CAMP SCHEDULE

*Friday*

April 19, 2024

6pm - 8pm: Open Mat (Gi or No Gi) and Check-In

*Saturday*

April 20, 2024

7:30-8:30: Check-In

9am: BJJ No Gi Seminar - Joshua Murdock

11am: BJJ Competition Training - Andrea Schoenegge

12:30pm: Lunch Break (gym open for rolling)

2pm: BJJ No Gi Seminar - Jon Aimone

4pm: Intro to Muay Thai - Jamie Bradley

5:30: No Gi Open Mat

*Sunday*

April 21, 2024

9am: Judo Seminar - Natasha Wolf

11am: BJJ Gi Seminar - Jennifer Risser

1pm - 3pm: Gi Open Mat