



Lucas Lepri 2 Full Day JiuJitsu Camp

Sep 30 - Oct 1, 2017 Hong Kong

YMCA of Hong Kong, 41 Salisbury Road, TST, Kowloon, Hong Kong

Saturday, September 30, 2017

Time	Event	Duration	By
9:00 - 9:30	Registration	30 mins	
9:30 - 11:30	Lucas Lepri Session #1	120 mins	Lucas Lepri
11:30 - 12:30	Capoeira for BJJ	60 mins	Fernando Junior of BeWater
12:30 - 14:00	Open Mat		
14:00 - 15:00	Specific supplementation for BJJ Training and recovery	60 mins	Dr. Ken Chu of Biorna Quantics
15:00 - 16:00	Wrestling for BJJ	60 mins	Matt Pellino
16:00 - 18:00	Lucas Lepri Session #2	120 mins	Lucas Lepri

Sunday, October 1st, 2017

Time	Event	Duration	By
9:30 - 10:00	Registration	30 mins	
10:00 - 12:00	Lucas Lepri Session #3	120 mins	Lucas Lepri
12:00 - 13:00	Open Mat		
13:00 - 14:00	Fireside chat with Lucas Lepri on Focus and Motivation	60 mins	David Jacquier, cofounder, Joint Dynamics
14:00 - 16:00	Lucas Lepri Lesson #4	120 mins	Lucas Lepri
16:00 - 16:30	Photo session with Lucas Lepri	30 mins	
20:00 - late	End of camp Social		