

	FRIDAY		SATURDAY		SUNDAY			
	BJJ	MMA	BJJ	MMA	BJJ	MMA		
9:00			NINJAYOGA	OPEN MAT	NINJAYOGA	OPEN MAT		
10:00			Priit Mihkelson mount (gi)	Alar Hutrov wall wrestling	Bjarni Baldursson sickle sweep (nogi)	Alar Hutrov wall wrestling		
11:00			Wim Deputter guard retention (gi)	Vallo Hannus counters	Jorgen Matsi cutting edge chokes (gi/nogi)	Kaupo Kokamägi wall wrestling		
12:00			Siret Saarsalu Nutrition principles for training and competitions		Jorgen Matsi Using mindfulness in combat sports and what it is even?			
13:00			OPEN MAT		OPEN MAT			
14:00			OPEN MAT		OPEN MAT			
15:00			Liisi Vaht reverse armbar (gi/nogi)	Edvin-Erik Kibus movement (intermediate)	Wim Deputter foot control (nogi)	Jaak Rudov combining punching and wrestling		
16:00			Bjarni Baldursson sit-up guard grip fighting (nogi)	Edvin-Erik Kibus attack setups (advanced)	Priit Mihkelson mount (gi)	Kaupo Kokamägi punching from clinch		
17:00			OPEN MAT		OPEN MAT		UFC 244	OPEN MAT
18:00			Priit Mihkelson mount (gi)	Olev Kiirend greco-roman wrestling				
19:00	Liisi Vaht reverse armbar (gi/nogi)	Henri Hiimäe counter-attacks in standup fighting						
20:00	OPEN MAT		Social event @O'Learys Kristiine					
21:00								