

Höpur	Ár	Timar	Fjöldi	Deild	Þjálfari	Aðstoð	mánudagur	þriðjudagur Kífi	mikvöldagur Kífi	frimmudagur Kífi	laugudagur Kífi	sunnudagur Kífi	Kífi
1	grunnh 1 (ffúsali)	2010	1	17	Grunn	Kati & Lajos	Helga María		13:30-14:30				
2	grunnhópur 2 kvk	2010	1	14	Grunn	Klara M	Margrét M.					10:00-11:00	
3	grunnhópur 3 kvk	2010	1	15	Grunn	Díljá	Þórdís H. &					10:00-11:00	
3	grunnhópur 4 kvk	2010	1	0	Grunn	Inga Heiða	Eygló						
5	grunnhópur 5 kvk	2010	1	11	Grunn	Klara M	Margrét M.					11:00-12:00	
6	grunnhópur 6 kvk	2010	1	16	Grunn	Díljá	Þórdís H.					11:00-12:00	
7	grunnhópur 7 kvk	2010	1	18	Grunn	Inga Heiða	Sara Björt					11:00-12:00	
8	grunnhópur 8 kvk	2010	1	15	Grunn	Klara M	Margrét M.					12:00-13:00	
9	grunnhópur 9 kvk	2010	1	17	Grunn	Díljá	Þórdís H. & Sara Björt					12:00-13:00	
9	grunnhópur 10 kvk	2010	1	0	Grunn	Inga Heiða	Eygló						
11	grunnhópur 11 kvk (Lindir+ Smári)	2009	2	18	Grunn	Andrea		14:30-15:30		14:30-15:30			
12	grunnhópur 12 kvk (Kór+Hvörf)	2009	2	13	Grunn	Stefanía	Sandra	14:30-15:30		14:30-15:30			
13	grunnhópur 13 kvk (Kór+ Hvörf)	2009	2	18	Grunn	Heiða	Þórdís Alla	14:30-15:30		14:30-15:30			
14	grunnhópur 14 kvk (Kóp)	2009	2	13	Grunn	Heiða	Þórdís Alla	15:30-16:30		15:30-16:30			
15	grunnhópur 15 kvk (Kóp)	2009	2	13	Grunn	Stefanía	Sandra	15:30-16:30		15:30-16:30			
16	grunnhópur 16 kvk (Kóp)	2009	2	12	Grunn	Eva Hilin		15:30-16:30		15:30-16:30			
17	grunnhópur 17 kvk (Rvk)	2009/10	2	15	Grunn	Sigurðs	Þórdís R.		17:00-18:00		17:00-18:00		
18	grunnhópur 18 kvk (Rvk)	2010	2	15	Grunn	Díljá	Sara Björt	17:30-18:30		17:30-18:30			
19	grunnhópur 19 kvk (Sali)	2009	2	17	Grunn	Stefanía & Heiða		13:30-14:30		13:30-14:30			
20	grunn/framhalds 20 (8+) kvk	2007+	3	14	Grunn	Pao	Gyða		18:00-19:30		18:00-19:30		
21	grunn/framhalds 21 (8+) kvk	2007+	3	12	Grunn	Heiða		16:30-18:00		16:30-18:00			
22	grunn/framhalds 22 (11+) kvk	2004	3	15	Grunn	Pao	Laufey	19:00-20:30		19:00-20:30			
22	framhaldshópur 1 kvk (Lindir+ Smári)	2008	3	18	Grunn	Heiða	Svala		14:30-16:00		14:30-16:00		
23	framhaldshópur 2 kvk (Kór)	2008	3	24	Grunn	Stefanía	Hrefna		14:30-16:00		14:30-16:00		
24	framhaldshópur 3 kvk (Kór)	2008	3	23	Grunn	Pao	Thelma A., Sveinbjörg		14:30-16:00		14:30-16:00		
25	framhaldshópur 4 kvk (Kóp)	2008	3	15	Grunn	Heiða	Karen Sif		16:00-17:30		16:00-17:30		
26	framhaldshópur 5 kvk (Kóp)	2008	3	17	Grunn	Eva Hrunn	Hrefna		16:00-17:30		16:00-17:30		
28	framhaldshópur 7 kvk (Rvk)	2008	3	17	Grunn	Elsa & Bára			17:30-19:00		17:30-19:00		
31	framhaldshópur 10 kvk	2007	4,5	18	Grunn	Anna Dröfn	Sóley	16:00-17:30		16:00-17:30		16:00-17:30	
32	framhaldshópur 11 kvk	2007	4,5	17	Grunn	Sigurlaug	Fréya	16:00-17:30		16:00-17:30		16:00-17:30	
33	framhaldshópur 12 kvk	2007	4,5	17	Grunn	Anna Dröfn	Sóley	17:30-19:00		17:30-19:00		17:30-19:00	
38	grunnhópur 1 (ffúsali) kk	2010	1	9	Grunn	Kati & Lajos	Helga María		13:30-14:30				
39	grunnhópur 2 kk	2010	1	13	Grunn	Axel	Bjarni Þ.					10:00-11:00	
40	grunnhópur 3 kk	2010	1	12	Grunn	Björn	Kjartan					10:00-11:00	
41	grunnhópur 4 kk	2010	1	11	Grunn	Axel	Bjarni Þ.					11:00-12:00	
42	grunnhópur 5 kk	2010	1	14	Grunn	Björn	Kjartan					11:00-12:00	
43	grunnhópur 6 kk	2010	1	11	Grunn	Axel	Bjarni Þ.					12:00-13:00	
44	grunnhópur 7 kk	2010	1	13	Grunn	Björn	Kjartan					12:00-13:00	
45	grunnhópur 8 kk (kór)	2009	2	15	Grunn	Mykola	María	14:30-15:30		14:30-15:30			
46	grunnhópur 9 kk (Lindir+ Smári)	2009	2	16	Grunn	Sindri	Simmi	14:30-15:30		14:30-15:30			
47	grunnhópur 10 kk (Sali)	2009	2	15	Grunn	Sindri	Simmi	15:30-16:30		15:30-16:30			
48	grunnhópur 11 kk (Kóp)	2009	2	16	Grunn	Mykola	María	15:30-16:30		15:30-16:30			
49	grunnhópur 12 kk (Kóp + Rvk)	2008	3	12	Grunn	Runólfur	Elva	16:30-17:30		16:30-17:30			
50	framhaldshópur 1 kk (Kór+ Hvarf)	2008	3	32	Grunn	Morten, Eva & Sindri	Atli		14:30-16:00		14:30-16:00		
51	framhaldshópur 2 kk (Kóp)	2008	3	8	Grunn	Ingvar	Björn		16:00-17:30		16:00-17:30		
52	framhaldshópur 3 kk (Rvk)	2008	3	15	Grunn	Eva Hrunn			17:30-19:00		17:30-19:00		

53	framhaldshópur 4 kk	2007	4,5	19	Grunn	Gylfi & Runólfur		17:30-19:00			17:30-19:00			17:30-19:00				
54	framhaldshópur 5 kk	2007	4,5	11	Grunn	Gylfi & Runólfur	Bjarni Þ.	17:30-19:00			17:30-19:00			17:30-19:00				
55	grunn/framhalds 13 (8+) kk	2007+	3	1	Grunn	Morten			16:00-17:30			16:00-17:30						
56	grunn/framhalds 14 (11+) kk	2004+	3,0	9	Grunn	Morten			17:30-19:00			17:30-19:00						
58	mfl kvk		15,0	6	Hóp	Kenneth, Íris, Ásta		19:00-22:00			19:00-22:00			18:00-22:00				15:00-18:00
58	1.fl kvk 1		12,5	16	Hóp	Kristinn, Íris & Rakel				19:00-21:30			18:00-20:30	17:30-20:00				17:00-19:30
70	1.fl kvk 2		12	23	Hóp	Morten, Pao & Eva		19:00-22:00			19:00-22:00			17:00-20:00				17:00-20:00
60	2. fl kvk 1		10	15	Hóp	Kiddi, Íris, Rakel		15:00-17:30			17:00-19:30			15:00-17:30	15:00-17:30			13:00-15:30
61	2. fl kvk 2		10	12	Hóp	Íris, Hrafn, Eva Drófn		17:00-19:30		15:00-17:30			17:00-19:30	14:30-17:30		13:00-15:30		
62	3. fl kvk 1		8	14	Hóp	Kiddi, Yrsa		17:30-19:30	15:00-17:00		15:00-17:00		18:00-20:00					15:00-17:00
63	3. fl kvk 2&3		8	30	Hóp	Morten, Pao, Berglind & Magga		15:00-17:00			17:00-19:00		15:30-17:30	15:00-17:00				15:00-17:00
64	3.fl kvk 2&3		8	30	Hóp	Didrik, Pao, Magga Dis		15:00-17:00			17:00-19:00		16:45-18:45	15:00-17:00				15:00-17:00
65	4. fl kvk 1		6	16	Hóp	Kenneth, Linda H		15:00-17:00			16:30-18:30			16:00-18:00				13:00-15:00
66	4. fl kvk 2		6	16	Hóp	Daniel, Pao & Morten, Linda H		15:00-17:00			15:00-17:00			18:00-20:00				13:00-15:00
67	4. fl kvk 3		6	16	Hóp	Daniel, Pao & Morten, Linda H		15:00-17:00			15:00-17:00			18:00-20:00				13:00-15:00
68	4. fl kvk 4		6	15	Hóp	Daniel, Pao & Morten, Linda H		15:00-17:00			15:00-17:00			18:00-20:00				13:00-15:00
57	mfl mix		15	5	Hóp	Þórarinn, Daniel & Yrsa		19:00-22:00		19:00-22:00			19:00-22:00			15:00-18:00		
104	Power tumbling		2,5	22	Hóp	Daniel												17:00-20:00
71	Friðsár, 1 þrep	kvk	19	9	áhalda kvk	Ferenc, Andrea & Svava		17:00-20:00	17:00-20:00	17:00-20:00		17:00-20:00	17:00-20:00		9:30-13:30			
72	Friðsár, 2 þrep	kvk	19	9	áhalda kvk	Ferenc & Andrea		15:30-18:30	15:30-18:30	15:30-18:30		15:30-18:30	15:30-18:30		9:30-13:30			
73	3 þrep 1	kvk	12	9	áhalda kvk	Kati, Lajos,		17:30-20:30	17:30-20:30			17:30-20:30	17:30-20:30		13:00-16:00			
74	3.þrep 2	kvk	12	5	áhalda kvk	Kati, Lajos		14:30-17:30	14:30-17:30			14:30-17:30	14:30-17:30		13:00-16:00			
75	4 þrep 1	kvk	10	10	áhalda kvk	Sif, Kati & Lajos			16:30-19:30	14:30-18:30		17:30-20:30						15:00-18:00
76	4 þrep 2	kvk	10	10	áhalda kvk	Kati & Lajos		14:30-17:00	14:30-17:00			14:30-17:00	14:30-17:00		15:00-18:00			
77	4 þrep 3	kvk	10	10	áhalda kvk	Þorgeir & Sigurrós		16:30-19:00	16:30-19:00			16:30-19:00	16:45-19:15		15:00-18:00			
78	4 þrep 4	kvk	10	10	áhalda kvk	Sif & Þorgeir		16:30-19:00			16:30-19:00		15:00-17:30	16:30-19:00		15:00-18:00		
79	5.þrep 1	kvk	6	9	áhalda kvk	Sif, Kati & Lajos			16:30-18:30	14:30-16:30		17:30-19:30			13:00-15:00			
80	5.þrep 2	kvk	6	15	áhalda kvk	Sif & Daniella		14:30-16:30	14:30-16:30				14:30-16:30		13:00-15:00			
81	5.þrep 3	kvk	6	11	áhalda kvk	Svava & Sif		14:30-16:30	14:30-16:30	15:00-17:00					13:00-15:00			
82	5.þrep 4	kvk	6	8	áhalda kvk	Kati, Lajos & Daniella			16:30-18:30	16:30-18:30			17:00-19:00		13:00-15:00			
83	6.þrep 1	kvk	6	9	áhalda kvk	Kati & Lajos		17:00-19:00	17:00-19:00			17:00-19:00						
84	6.þrep 2	kvk	6	16	áhalda kvk	Eva Hlin & Amar	Einar	16:30-18:30			16:30-18:30			15:30-17:30				
85	6.þrep 3	kvk	6	16	áhalda kvk	Bára & Einar		16:30-18:30			16:30-18:30				11:00-13:00			
86	6.þrep 4	kvk	6	10	áhalda kvk	Sigrún Harpa, Daniella & Signý		16:00-18:00			16:00-18:00				11:00-13:00			
88	Friðsár		18	11	áhalda kvk	Guillermo, Róbert		17:00-20:00	17:00-20:00	17:00-20:00		17:00-20:00	17:00-20:00		9:30-12:30			
89	1. - 2.þrep		18	13	áhalda kvk	Viktor, Axel, Siggi,		17:00-20:00	17:00-20:00	17:00-20:00		17:00-20:00	17:00-20:00		9:30-12:30			
90	3.þrep		12	6	áhalda kvk	Pálmi		15:00-18:00	15:00-18:00			15:00-18:00	15:00-18:00		15:00-18:00			
91	4.þrep		10	11	áhalda kvk	Mykola			15:00-17:30	16:30-19:00		15:00-17:30	17:00-19:30		12:00-15:00			
92	5.þrep 1		6	16	áhalda kvk	Mykola				17:30-19:30		17:30-19:30	15:00-17:00		10:00-12:00			
93	5.þrep 2		6	15	áhalda kvk	Hróbjartur		15:00-17:00				15:00-17:00	15:00-17:00		10:00-12:00			
94	Krili 1		1	43	Grunn	Selma,Adam, Björn, Ingunn, Edda, Hafsteina, Heiða	Birta, Guðný, Lilja, Hranhildur, Magna M, Hulda K., Íris M, Erna											09:00-10:00
95	Krili 2		1	53	Grunn	Selma,Adam, Björn, Ingunn, Edda, Hafsteina, Heiða	Birta, Guðný, Lilja, Hranhildur, Magna M, Hulda K., Íris M, Erna											10:00-11:00
96	Krili 3		1	64	Grunn	Selma,Adam, Björn, Ingunn, Edda, Hafsteina, Heiða	Birta, Guðný, Lilja, Hranhildur, Magna M, Hulda K., Íris M, Erna											11:00-12:00
97	Krili 4		1	68	Grunn	Selma,Adam, Björn, Ingunn, Edda, Hafsteina, Heiða	Birta, Guðný, Lilja, Hranhildur, Magna M, Hulda K., Íris M, Erna											12:00-13:00
98	Fullorðnir - GGG		3	0	Grunn				17:30-19:30			17:30-19:30			8:00-9:30			
99	Morgunæfingar		2		Grunn			06:15-07:15			06:15-07:15							
100	Fataðir grunnhópur		1	8	Grunn	Björn Sig									13:15-14:15			
101	Fataðir framhaldsh.		4,5	15	Grunn	Axel & Eva Hrunð			18:30-20:00			18:30-20:00	17:00-18:30					
102	Parkour yngri		3	22	Grunn	Sindri					18:30-20:00				14:00-15:30			
103	Parkour eldri		3	21	Grunn	Sindri					20:00-21:30				15:30-17:00			

105	Brúarskóli		3	0	Grunn	Mykola		12:00-13:00	12:00-13:00		12:00-13:00				
106	Salaskóli dagræðvöl		2	0	Grunn	Heiða			13:30-14:30			13:30-14:30			

Æfingar merktar rauðar eru valæfingar - Æfingar merktar bláar eru dansæfingar í Lindaskóla