

	Hópur	Tímar	Deild	Pláttari	mánudagar	Stað	Þriðjudagar	Stað	míðvikudagar	Stað	frimtudagar	Stað	fosudagar	Stað	laugardagar	Stað	sunudagar
Grunn- og framhaldsdeild	Grunnhópur 1 kvk	1	Grunn	Stefanía og Einar									13:30-14:30				
	Grunnhópur 2 kvk	1	Grunn	Þorgeir, Einar											10:00-11:00		
	Grunnhópur 3 kvk	1	Grunn	Þorgeir, Einar											10:00-11:00		
	Grunnhópur 4 kvk	1	Grunn	Þorgeir, Einar											11:00-12:00		
	Grunnhópur 5 kvk	1	Grunn	Þorgeir, Einar											11:00-12:00		
	Grunnhópur 6 kvk	1	Grunn	Þorgeir											12:00-13:00		
	Grunnhópur 7 kvk	1	Grunn	Þorgeir											12:00-13:00		
	Grunnhópur 10 kvk	2	Grunn	Daniella	14:30-15:30				14:30-15:30								
	Grunnhópur 11 kvk	2	Grunn	Elsa	14:30-15:30				14:30-15:30								
	Grunnhópur 12 kvk	2	Grunn	Stefanía	14:30-15:30				14:30-15:30								
	Grunnhópur 13 kvk	2	Grunn	Elsa	15:30-16:30				15:30-16:30								
	Grunnhópur 14 kvk	2	Grunn	Stefanía	15:30-16:30				15:30-16:30								
	Grunnhópur 15 kvk	2	Grunn	Thelma	16:15-17:15				16:15-17:15								
	Framhaldshópur 1 kvk	3	Grunn	Sunneva Sif				14:30-16:00			14:30-16:00						
Framhaldshópur 2 kvk	3	Grunn	Auður/Stefanía					14:30-16:00			14:30-16:00						
Framhaldshópur 3 kvk	3	Grunn	Stefanía				14:30-16:00			14:30-16:00							
Framhaldshópur 4 kvk	3	Grunn	Írja				16:00-17:30			16:00-17:30							
Framhaldshópur 5 kvk	3	Grunn	Anna Dröfn				17:30-19:00			17:30-19:00							
Hraðferð F1	4	Grunn	Katí og Lajos				14:30-16:30			14:30-16:30							
Hraðferð F2	4,5	Grunn	Þorgeir	17:00-18:30			17:00-18:30			17:00-18:30							
Hraðferð F3	6	Grunn	Katí og Lajos	14:30-16:30				14:30-16:30			14:30-16:30						
Hraðferð F4	6	Grunn	Tinna Óðins	14:30-16:30				14:30-16:30			14:30-16:30						
Grunn- og framhaldsdeild	Grunnhópur 1 kk	1	Grunn	Stefanía og Einar									13:30-14:30				
	Grunnhópur 2 kk	1	Grunn	Axel/Björn											10:00-11:00		
	Grunnhópur 3 kk	1	Grunn	Elliot/Sindri											10:00-11:00		
	Grunnhópur 4 kk	1	Grunn	Axel/Björn											11:00-12:00		
	Grunnhópur 5 kk	1	Grunn	Elliot/Sindri											11:00-12:00		
	Grunnhópur 6 kk	1	Grunn	Elliot/Sindri											12:00-13:00		
	Grunnhópur 7 kk	2	Grunn	Elliot/Sindri	14:30-15:30				14:30-15:30								
	Grunnhópur 8 kk	2	Grunn	Elliot/Sindri	15:30-16:30				15:30-16:30								
Framhaldshópur 1 kk	3	Grunn	Elliot/Sindri				14:30-16:00			14:30-16:00							
Framhaldshópur 2 kk	3	Grunn	Karl/Sindri				16:00-17:30			16:00-17:30							
Hraðferð kk F1	6	Grunn	Ferenc/Axel Ólafur	15:30-17:30			15:30-17:30			15:30-17:30							

	Hópur	Tímar	Deild	Þjálfari	mánudagar	Stað	Þriðjudagar	Stað	miðvikudagar	Stað	fimmtudagar	Stað	fosudagar	Stað	laugardagar	Stað	sunnudagar
Hópfimleikadeild	mfl kvk	15	Hóp	Kristinn, Magnús, Karen, Ásta	19:00-22:00		19:00-22:00				19:00-22:00		19:00-22:00		14:00-17:00		
	mfl mix	15	Hóp	Þorgeir, Yrsa, Kristinn	19:00-22:00		19:00-22:00				19:00-22:00		19:00-22:00		14:00-17:00		
	1.fl kvk 1	12,5	Hóp	Íris Mist, Magnús, Yrsa			15:00-17:30		19:00-21:30		16:30-19:00		16:30-19:00				17:00-19:30
	1. fl kvk 2	10	Hóp	Ragnar, Philip, Herdís	18:30-21:00				19:00-21:30		15:00-17:00		19:00-21:30				17:00-19:30
	2. fl kvk 1	12,5	Hóp	Ragnar, Steinunn, Björk	15:00-17:30		18:30-21:00				17:00-19:30		16:30-19:00				15:00-17:30
	2. fl kvk 2	10	Hóp	Sunneva, Steinunn, Philip			15:30-18:00		18:00-20:30		15:00-17:00		14:30-17:00				15:00-17:30
	3. fl kvk 1	10	Hóp	Ragnar, Philip, Herdís, Vala	18:00-20:00				18:00-20:00		16:30-18:30		14:30-16:30				15:00-17:00
	3.fl kvk 2 & 3	8	Hóp	Herdís, Philip, Adam, Andrea			17:30-19:30		17:00-19:00		15:00-17:00		15:30-19:30				15:00-17:00
	4. fl kvk 1 & 2	8	Hóp	Edda, Rebekka, Bára, Herdís			17:00-19:00		17:30-19:30		15:30-20:00						13:00-15:00
	4. fl kvk 3	6	Hóp	Philip, Adam, Magnea	15:30-17:30				15:00-17:00		15:40-17:40						13:00-15:00
	4. fl kvk 4	6	Hóp	Sunneva, Karítas, Magnea	15:30-17:30				15:00-17:00								13:00-15:00
	5. fl kvk 1 og 2	4,5	Hóp	Rakel, Sunneva, Karítas, Rebekka	17:30-19:00						17:30-19:00		17:00-18:30				
Hópfimleikar kky	4,5	Hóp	Philip & Adam	17:30-19:00						17:30-19:00		16:30-18:30					

Áhaldafimleikadeild	Frjálsar	20	áhalda kvk	Ferenc og Andrea	17:30-20:30		17:00-20:30		17:30-20:30		17:00-20:30		17:00-20:30		11:00-14:30		
	1. þrep	18	áhalda kvk	Katí og Lajos	16:30-19:30		16:30-19:30		16:30-19:30		16:30-19:30		16:30-19:00		09:30-13:00		
	2. þrep	15	áhalda kvk	Svava og Þorgeir	15:00-18:00		15:30-18:00		14:45-18:15		14:45-17:45		16:00-19:00				
	3. þrep	12	áhalda kvk	Guðjón, Sif og Andrea	15:00-18:00		15:00-18:00				15:00-18:00		15:00-18:00		09:30-12:30		
	4 þrep	10	áhalda kvk	Daniella, Signý og Aníta	17:30-20:00		16:30-19:00				16:30-19:00				12:00-14:30		13:00-17:00
	5. þrep 1	6	áhalda kvk	Einar og Signý			16:30-18:30		16:30-18:30				14:30-16:30				13:00-17:00
	5. þrep 2	6	áhalda kvk	Einar, Sonja	14:30-16:30		14:30-16:30				14:30-16:30						13:00-17:00
	6. þrep 1	6	áhalda kvk	Heiða	17:00-19:00				17:00-19:00		17:00-19:00						
	6. þrep 2	6	áhalda kvk	Birgitta, Helga Sonja	15:00-17:00		15:00-17:00				15:00-17:00						
	6. þrep 3	6	áhalda kvk	Gyða og Laufey	16:00-18:00		16:00-18:00								11:00-13:00		
	6. þrep 4	6	áhalda kvk	Daniella, Tinna Sif, Bryndís			14:30-16:30		15:30-17:30				14:30-16:30				
	6. þrep 5	6	áhalda kvk	Signý + Arnar	16:00-18:00				14:30-16:30				16:30-18:30				
	Frjálsar	18	áhalda kk	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		
	1. - 2.þrep	18	áhalda kk	Axel, Viktor, Siggí, Jón	17:00-20:00		17:00-20:00		17:00-20:00		17:00-20:00		17:00-20:00		9:30-12:30		
	3.þrep	12	áhalda kk	Mykola, Elliot	17:00-19:30		17:00-19:30		17:00-19:30		17:00-19:30		17:00-19:00		9:00-11:00		
4.þrep	10	áhalda kk	Mykola, Grímur	15:00-17:00		15:00-17:00		15:00-17:00		15:00-17:00		15:00-17:00		9:00-11:00			
5.þrep 1	6	áhalda kk	Valdimar, Sigmundur					15:00-17:00		15:30-17:30		15:00-17:00		13:00-15:00			
5.þrep 2	6	áhalda kk	Gylfi, Runólfur	17:00-19:00		17:00-19:00				17:30-19:30				13:00-15:00			
6.þrep 1	6	áhalda kk	Davíð	17:00-19:00						16:15-18:15		17:00-19:00					
6.þrep 2	6	áhalda kk	Davíð	15:00-17:00				16:15-18:15				15:00-17:00					
Hraðferð - keppisdeild áhaldafimleikar	Hraðferð áhalda kvk 1	8	áhalda kvk	Daniella, Helga María, Bryndís	15:30-17:30				17:30-19:30		14:30-16:30		16:30-18:30				
	Hraðferð áhalda kvk 2	8	áhalda kvk	Ferenc og Andrea	15:30-17:30				15:30-17:30				15:00-17:00		09:00-11:00		
	Hraðferð áhalda kvk 3	8	áhalda kvk	Bára og Einar	16:30-18:30						16:30-18:30		16:30-18:30		12:00-14:00		
	5.þrep Hraðferð kk	10	áhalda kk	Elliot	16:30-18:30		16:00-18:00		16:30-18:30		16:00-18:00		15:00-17:00				

Almenn deild	FFA kvk	4,5	Almenn	Karitas, Sigurborg			17:30-19:00	17:30-19:00				17:00-18:30							
	FFA kvk 2	3	Almenn	Irja			17:30-19:00			17:30-19:00									
	Parkour yngri	3	Almenn	Hilmar, Stefán						18:30-20:00				14:00-15:30					
	Parkour eldri	3	Almenn	Hilmar, Stefán						20:00-21:30				15:30-17:00					
	Parkour byrjendur	1,5	Almenn	Hilmar, Stefán				18:30-20:00											
	Fatlaðir grunnhópur	1	Almenn	Davíð/Bjöss															13:15-14:15
	Fatlaðir framhaldsh.	4,5	Almenn	Axel, Sunneva, Eva Hrud, Bjöss			18:30-20:00	18:30-20:00											14:00-15:30

Almenn deild	Bangsar	0,45	Almenn	Gylfi															9:15-10:00
	Krili 1	1	Almenn	Selma															9:00-10:00
	Krili 2	1	Almenn	Selma, Gylfi															10:00-11:00
	Krili 3	1	Almenn	Selma, Gylfi															11:00-12:00
	Krili 4	1	Almenn	Selma, Gylfi															12:00-13:00
	Fullröðnir - GGG	4	Almenn	Ingvar	18:30-20:00	18:30-20:00				18:30-20:00									
	Salaskóli dægradvöl	1	Almenn																

Lindaskóli

Valæfingar