

Æfingatafla - ÍR-völlur

Janúar - Apríl 2012

Tími	Mánudagur				Tími	Þriðjudagur				Tími	Miðvikudagur				Tími	Fimmtudagur				Tími	Föstudagur				Tími	Laugardagur	
	1/4	1/4	1/4	1/4		1/4	1/4	1/4	1/4		1/4	1/4	1/4	1/4		1/4	1/4	1/4	1/4		1/4	1/4	1/4	1/4		1/2	1/2
09:00					09:00					09:00					09:00					09:00					09:00		
09:30					09:30					09:30					09:30					09:30					09:30		
10:00					10:00					10:00					10:00					10:00					10:00		
10:30					10:30					10:30					10:30					10:30					10:30		M.fl.ka.
11:00					11:00					11:00					11:00					11:00					11:00		
11:30					11:30					11:30					11:30					11:30					11:30		
12:00					12:00					12:00					12:00					12:00					12:00		3.fl.ka.
12:30					12:30					12:30					12:30					12:30					12:30		
13:00					13:00					13:00					13:00					13:00					13:00		
13:30					13:30					13:30					13:30					13:30					13:30		4.fl.ka.
14:00					14:00					14:00					14:00					14:00					14:00		
14:30					14:30					14:30					14:30					14:30					14:30		
15:00					15:00					15:00					15:00					15:00					15:00		Leikjaeyða f/yngrifl.
15:30	4.fl.ka. 15:15-16:30		7.fl.ka. Eldri 15:15-16:15		15:30	5.fl.ka. 15:15-16:30				15:30	5.fl.ka. Eldri 15:15-16:30	6.fl.ka. Yngri 15:15-16:15		15:30	5.fl.ka. Yngri 15:15-16:30				15:30	4.fl.ka. 15:00-16:30	4.fl.ka.			15:30			
16:00					16:00					16:00					16:00					16:00					16:00		
16:30	6.fl.ka. Báðir árg. 16:30-17:45		7.fl.ka. Yngri 16:15-17:15		16:30	4.fl.ka. 16:30-18:00		4.fl.kv. 16:30-17:45		16:30	3.fl.ka. 17:00-18:30	6.fl.ka. Eldri. 16:15-17:15		16:30	4-3.fl.kv. 16:15-17:45	6.fl.kv. 16:30-17:30		16:30	5.fl.ka. 16:30-17:45	2.fl.ka. 16:00-17:30			16:30				
17:00					17:00					17:00					17:00					17:00					17:00		
17:30					17:30					17:30					17:30					17:30					17:30		
18:00					18:00					18:00					18:00	M.fl.kv. 17:45-19:15	3.fl.ka. 17:30-19:00		18:00					18:00			
18:30	3.fl.kv. 17:45-19:15		M.fl.ka. 17:15-19:00		18:30					18:30					18:30					18:30	M.fl.kv. 17:45-19:15	M.fl.ka. 17:30-19:15			18:30		
19:00					19:00					19:00					19:00					19:00					19:00		
19:30					19:30					19:30					19:30					19:30					19:30		
20:00					20:00					20:00					20:00					20:00					20:00		
20:30	Old boys 20:30-21:30		Léttir 20:30-22:00		20:30	2.fl.ka. 19:00-20:30		M.fl.kv. 19:00-20:30		20:30	2.fl.ka. 20:00-21:30	Léttir 20:00-21:30		20:30					20:30					20:30			
21:00					21:00	Magni 20:30-21:30		Drottningar 20:30-21:30		21:00					21:00					21:00					21:00		
21:30	Sporthúsið 21:30 - 22:30				21:30	Ísbjörninn				21:30	UMFÁ				21:30					21:30					21:30		
22:00					22:00					22:00					22:00					22:00					22:00		
22:30					22:30					22:30					22:30					22:30					22:30		

FYRIRTÆJAMÓT ÍR 2012 frá 15.feb. Fram að því æfingar til kl.22:00