


STUNDASKRÁ haust 2011

Uppfært 24. september 2011 (Breytingar geta átt sér stað fyrstu 3-4 vikurnar vegna brottfalls, stundaskrár þjálfara og annarra hagræðingar)

		Þjálfari	Mánud.	Þriðjud.	Miðvikud.	Fimmtud.	Föstud.	Laugard.	Tímar alls
F	1	Florin, Mirela, Clara	16:30-19	16:30-19	16:30-19	16:30-19	14:30-17		12,5
	2	Mirela, Florin	15-17	15-17	15-17	15-17	16:30-18:30		10
	3	Clara og Guðný	16-18	15-17		15-17	16:30-18:30		8
	4	Rósa		15-17	14:30-16		14:30-16		5
	5	Díana & Karen			18-19:30		16-17:30		3
	6	Karen & Anna María		17-18		16-17			2
I	1	Birgir & Hulda	18-20:30		17-18:30 dans	17:30-20	18-20:30		9
	2	Lóa Guðrún	18-20		18-20	16:30-18 dans	18-20		7,5
	3	Lóa Guðrún	16-18		16-18	16:30-18 dans	16-18		7,5
	4	Ólöf & Hulda	15:30-17		16-17:30		16-18	13-15	7
	5	Emma & Hulda	16:30-18	16-18		16-17:30		13-14:30	6,5
	6	Hulda & Lóa G.	14:30-16		14:30-16		14:30-16		4,5
	7	Kristín Dís		17-18:30		17-18:30	16-17:30		4,5
M	1	Karen	17-19			17-19	17:30-19:30		6
	2	Eva		18-20			17:30-19:30		4
	3	Þórdís Þöll	17-19			16-18			4
	4	Ragnh. Lóa		15:30-17:30			14-16		4
	5	Þórdís Þöll			18-20		18-20		4
A	1	Díana & Anna María		18-19:30		18-19:30			3
	2	Karen & Elín		16-17			15-16		2
	3	Eva		16-17		16-17			2
	4	Eva & Harpa		17-18		17-18			2
	5	Þórdís & Eva	17-18		17:30-18:30				2
	6	Mattý & Elín	16-17		16-17				2
	7	Mattý & Anna	17-18		17-18				2
	8	Þórdís & Júlía		15-16		17-18			2
	9	Júlía & Helena		16-17		16-17			2
K	1	Alli & Össi	16-19	16-19	16-19		14-16	10-12	13
	2	Bragi		17-19	15-17		17-19		6
	3	Bragi & Stefán Trausti		14-15:30		14-15:30			3
	4	Bragi & Haukur	15:30-17	15:30-17		15:30-17	14-15:30		6
	5	Bragi & Gummi	17-18:30		17-18:30		15:30-17		4,5
	6	Ármann & Haukur		17-18		17-18			2
	7	Ármann & Gummi		18-19		18-19			2
	8	Ármann		16-17		16-17			2

Parkour	1	<i>Össi & Oddur</i>	20:30-22		20:30-22			3
	2	<i>Össi & Oddur</i>		20:30-22		20:30-22		3
	3	<i>Össi og Oddur</i>	19-20:30		19-20:30			3
	4	<i>Össi og Oddur</i>		19-20:30		19-20:30		3
Goldies	<i>Ármann o.fl.</i>		20-22		20-22			4
Mix I	<i>Ármann</i>	19-21			18-20			4
Mix II	<i>Þórdís Þöll</i>	19-21			18-20			4
S1	<i>Ármann</i>						9-9:45	
S2	<i>Ármann</i>						9:30-10:15	
S3	<i>Ármann</i>						10-10:45	
S4	<i>Ármann</i>						10:30-11:15	
S5	<i>Ármann</i>						11-11:45	
S6	<i>Ármann</i>						11:30-12:15	
S7	<i>Ármann</i>						12-12:45	