



Æfingatafla 2022

Laugardalslaug	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
Sundskóli L 2017-16 Hjalti				16:30-17:00*		
Svamlarar L 2017-15 Helena & Hjalti	16:25-17:05*		16:25-17:05*			
Sporðar L 2016-14 Arianna & Helena	15.15-16:15				15:00-16:00	
Snorklarar L 2014-09 Arianna, Helena	15:15-16:15	15.30-16:30			15:00-16:00	
Syndarar 2011-06 Jóhanna & Gunnar Hjalti þrek	16:30-18:30 18:45-19:45 e	16:30-18:15	18:30-20:00 17:30-18:15	18:30-20:30 e	16:00-18:00	
Sæfarar 2008 og eldri Morgunæf Kvöldæf Hjalti þrek	05:30-07:15 16:30-18:30 18:45-19:45	16:30-18:30 18:45-19:45 e	05:30-07:15 18:30-20:30 17:30-18:15 y	18:30-20:30 17:15-18:15 e	16:00-18:00 15:45-16:00	08:15-10:15 10:30-11:30

*í útilaug

Árbæjarlaug	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
Sundskóli Á 2019-18 H: 1 Ellý & Sigrún			H: 1 16:40 - 17:10			
Sundskóli Á 2018-17 H: 2 Ellý & Sigrún			H: 2 17:15 - 17:45			
Sundskóli Á 2018-17 H: 3 Framh Ellý & Sigrún			H: 3 17:50 - 18:20			
Sundskóli Á 2017-16 H: 4 Framh Ellý & Sigrún			H: 4 18:25 - 18:55			
Buslalarar 2017-15 Kristrún		16:30-17:10		16:30-17:10		
Svamlarar Á 2017-14 Kristrún		17:15-17:55		17:15-17:55		
Uggar 2016-13 Gunnar	17:15-18:15*		17:00-18:00*			
Sporðar Á 2016-13 Gunnar	17:15-18:15*			17:30-18:30*		
Snorklarar 2014-09 Gunnar	17:15-18:15*		17:00-18:00*	17:30-18:30*		
Kafarar 2013-09 Gunnar þrek	15:45-17:15*	15:45-17:00* 17:15-18:00	15:30-17:00*	15:45-17:30*		

*í útilaug

Sundhöll	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
Sundskóli S 2017-16 Anna	17:10-17:40					
Sundskóli S 2019-18 Anna			17:10-17:40			
Svamlarar S 2017-14 Anna	16:25-17:05		16:25-17:05			
Sporðar S 2016-13 Anna	17:50-18:50		17:50-18:50			
Fljótarar 2013-09 Anna	17:50-18:50		17:50-18:50			