

Æfingatafla Ármann-fimleikar Vor 2017

	Mánudagur		Þriðjudagur		Miðvikudagur		Fimmtudagur		Föstudagur	
	As	Ad	As	Ad	As	Ad	As	Ad	As	Ad
15:00-15:50	As-7(V-Á)		As-4(R):As-9(V-I)	Ad-1	As-7(V-Á)		As-4(R):As-9(V-I)	Ad-1		
15:00-16:00		Ad-11		Ad-11				Ad-11		
16:00-16:50			As-5(Ragnh)	Ad-4			As-5(Ragnh)	Ad-4		
16:00-17:30			As-6(Ragna)				As-6(Ragna)			
16:10-17:00	As-8(E-Á)		As-2(G-E): As-8(E-Á)		As-8(E-Á)		As-2(G-E): As-8(E-Á)			
16:30-17:20			As-10(S-Au)			Ad-6	As-10(S-Au)			Ad-6
17:00-17:50			As-3(HK-Ú)				As-3(HK-Ú)			
17:20-18:10	As-1(HKJ)				As-1(HKJ)					

	Mánudagur		Þriðjudagur		Miðvikudagur		Fimmtudagur		Föstudagur	
	Bs/Bd	PA/FF/Þr/KS	Bs/Bd	PA/FF/Þr/KS	Bs/Bd	PA/FF/Þr/KS	Bs/Bd	PA/FF/Þr/KS	Bs/Bd	PA/FF/Þr/KS
15:00-17:00							Bs-10(sa)			
16:00-17:15	Bs-2(HKJ)				Bs-2(HKJ)		Bs-2(HKJ)			
16:00-17:30	Bs-4(RE)				Bs-4(RE)				Bs-4(Er)	
16:10-17:00						Ks-1		Ks-2		
16:30-18:00									Bs-10(sa)	
17:00-18:00	Bs-10(sa)			P-B						P-B
17:00-18:30	Bs-1(Só)				Bs-1(Só)					
17:30-19:30				P-F				P-F		
18:00-19:30		ÞR		P-A		ÞR				P-A/Þrek
20:00-21:30		FF				FF		FF		
16:00-18:00	Bd-4(Rú)				Bd-4(Rú)					

Laugardagur		Sunnudagur	
			P-F-kl:14-16

P=Parkour
FF=Fullorðins fimleikar
Þr=Þrekhópur
KS=Kríli