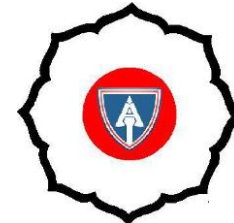




Júðódeild Ármanns

2020-2021



	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
Krílajúðó						10:00-11:00
1.-4. bekkur (U4)		17:30-18:30		17:30-18:30		
5.-7. bekkur (U7)	(17:30-18:30)	17:30-18:30		17:30-18:30		
8.-10. bekkur (U10)	17:30-18:30	17:30-18:30		17:30-18:30		
16 ára og eldri (F1) JUDO	18:30-19:30	18:30-20:00		18:30-20:00		
16 ára og eldri (BJJ)	18:30-20:00		18:30-20:00		18:30-20:00	
Kata				20:00-21:00		
Hádegisglíma	12:00-13:00		12:00-13:00		12:00-13:00	