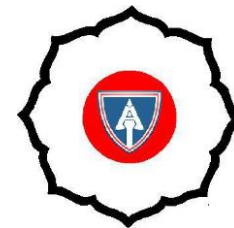




# Júðódeild Ármanns

## 2022-2023



	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Sunnudagur
Krílajú dó						10:00-11:00	
Open mat	12:00-13:00		12:00-13:00		12:00-13:00		10:00-12:00
Judo byrjendur 10-14 ára	17:30-18:30		17:30-18:30				
Judo byrjendur og framhald 6-9 ára		17:30-18:30		17:30-18:30			
Judo framhald 10-14 ára		17:30-18:30		17:30-18:30		11:00-12:00	
Judo byrjendur 15 ára og eldri			18:30-19:30		18:30-19:30		
Judo framhald 15 ára og eldri	18:30-19:30	18:30-20:00		18:30-20:00			
BJJ - Framhald	18:00-19:15 (GI)		18:00-19:15 (GI)		18:00-19:15 (NO GI)		
BJJ - Byrjendur	19:15-20:30 (GI)		19:15-20:30 (GI)		18:00-19:15 (NO GI)		
Kata				20:00-21:00			
Judo Veterans		20:00-21:00				12:00-13:00	