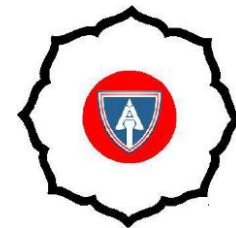




# Júðódeild Ármanns



	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Sunnudagur
Krílajú dó						10:00-11:00	
Byrjendur: 14 ára og yngri	17:30-18:30		17:30-18:30				
Byrjendur: 15 ára og eldri	17:30-18:30		17:30-18:30		17:30-18:30		
Framhald: 14 ára og yngri		17:30-18:30		17:30-18:30		11:00-12:00	
Framhald: 15 ára og eldri	18:30-19:30	18:30-20:00		18:30-20:00			
Kata	19:30-20:30			20:00-21:00			
Veterans		20:00-21:00		20:00-21:00		12:00-13:00	
Opinn tími	12:00-13:00	12:00-13:00	12:00-13:00	12:00-13:00	12:00-13:00		10:00-12:00