

Árman körfubolti - Æfingatafla 2023-2024

Flokkur/Aldur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Þjálfari/Þjálfarar
Leikskólahópur (2018-2019)		17:20-18:00 Laugarnesskóli		16:40-17:20 Íþróttahús MS		Einar
1. bekkur KK (2017)		15:30-16:20 Laugarnesskóli	17:00-17:40 Langholtsskóli	14:40-15:30 Laugarnesskóli	17:20-18:00 Langholtsskóli	Einar og Oddur
1. bekkur KVK (2017)		15:30-16:20 Laugarnesskóli	17:00-17:40 Langholtsskóli	15:30-16:20 Laugarnesskóli	17:20-18:00 Langholtsskóli	Einar og Oddur
2. bekkur KK (2016)		15:30-16:20 Laugarnesskóli	17:00-17:40 Langholtsskóli	14:40-15:30 Laugarnesskóli	17:20-18:00 Langholtsskóli	Einar og Oddur
2. bekkur KVK (2016)		15:30-16:20 Laugarnesskóli	17:00-17:40 Langholtsskóli	15:30-16:20 Laugarnesskóli	17:20-18:00 Langholtsskóli	Einar og Oddur
3. bekkur KK (2015)	17:00-18:00 Langholtsskóli	16:20-17:20 Laugarnesskóli	17:40-18:30 Langholtsskóli	13:40-14:40 Laugarnesskóli		Einar, Pálmi, Oddur
3. bekkur KVK (2015)	16:00-17:00 Laugarnesskóli		16:00-17:00 Langholtsskóli	16:20-17:20 Laugarnesskóli	15:40-16:40 Langholtsskóli	María
4. bekkur KK (2014)	17:00-18:00 Langholtsskóli	16:20-17:20 Laugarnesskóli	17:40-18:30 Langholtsskóli	13:40-14:40 Laugarnesskóli		Einar, Pálmi, Oddur
4. bekkur KVK (2014)	16:00-17:00 Laugarnesskóli		16:00-17:00 Langholtsskóli	16:20-17:20 Laugarnesskóli	15:40-16:40 Langholtsskóli	María
5. bekkur KK (2013)	15:00-16:00 Laugardalshöll	16:40-17:40 Laugardalshöll	14:40-15:40 Laugardalshöll			Anton
5. bekkur KVK (2013)		16:40-17:40 Laugardalshöll	16:50-18:00 Laugardalshöll		15:00-16:00 Laugardalshöll	Sara
6. bekkur KK (2012)	15:00-16:00 Laugardalshöll	16:40-17:40 Laugardalshöll	14:40-15:40 Laugardalshöll			Anton
6. bekkur KVK (2012)		16:40-17:40 Laugardalshöll	16:50-18:00 Laugardalshöll		15:00-16:00 Laugardalshöll	Sara
7. bekkur KK (2011)		14:40-15:40 Laugardalshöll	14:40-15:40 Laugardalshöll	15:00-16:15 Laugardalshöll	15:00-16:00 Laugardalshöll	Oddur
7. bekkur KVK (2011)		14:40-15:40 Laugardalshöll	15:40-16:50 Laugardalshöll	15:00-16:15 Laugardalshöll	16:00-17:00 Laugardalshöll	Anton
8. bekkur KK (2010)	15:00-16:00 Laugardalshöll		16:50-18:00 Laugardalshöll	17:10-18:30 Kennó	17:00-18:00 Laugardalshöll	Austin
8. bekkur KVK (2010)		15:40-16:40 Laugardalshöll	15:40-16:50 Laugardalshöll	16:15-17:30 Laugardalshöll	16:00-17:00 Laugardalshöll	Oddur
9. bekkur KK (2009)	16:00-17:00 Laugardalshöll	17:30-18:45 Kennó		19:30-21:00 Íþróttahús MS	17:00-18:00 Laugardalshöll	Júlíus
9-10. bekkur KVK (2008-2009)	16:00-17:30 Kennó	15:40-16:40 Laugardalshöll	16:00-17:30 Kennó	16:15-17:30 Laugardalshöll		Jónína, Kalli, Oddur
10. bekkur KK (2008)	16:00-17:00 Laugardalshöll	18:45-20:00 Kennó		19:30-21:00 Íþróttahús MS	18:30-20:00 Kennó	Júlíus
11.-12. flokkur KK (2006-2007)	20:30-22:00 Kennó	16:10-17:30 Kennó	20:30-22:00 Kennó	20:00-21:30 Kennó		Steinar og Oddur Birnir