

Æfingatóflur yngri flokka Ármanns 2024-25

Flokkur/Aldur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Þjálfari/Þjálfarar
Leikskólahópur (2019-2020)		17:20-18:00 Laugarnesskóli		16:45-17:30 Íþróttahús MS		Óskar
1. bekkur KK (2018)			16:00-16:50 Laugardalshöll		14:30-15:10 Laugarnesskóli/ 15:20-16:00 Langholtsskóli/ 16:00-16:40 Vogaskóli	Einar, Oddur og Óskar
1. bekkur KVK (2018)			16:00-16:50 Laugardalshöll		14:30-15:10 Laugarnesskóli/ 15:20-16:00 Langholtsskóli/ 16:00-16:40 Vogaskóli	Einar, Oddur og Óskar
2. bekkur KK (2017)			16:00-16:50 Laugardalshöll		14:30-15:10 Laugarnesskóli/ 15:20-16:00 Langholtsskóli/ 16:00-16:40 Vogaskóli	Einar, Oddur og Óskar
2. bekkur KVK (2017)			16:00-16:50 Laugardalshöll		14:30-15:10 Laugarnesskóli/ 15:20-16:00 Langholtsskóli/ 16:00-16:40 Vogaskóli	Einar, Oddur og Óskar
3. bekkur KK (2016)		15:00-16:00 Laugardalshöll		13:40-14:40 Laugarnesskóli	16:00-17:00 Langholtsskóli	Einar og Oddur
3. bekkur KVK (2016)	15:00-16:00 Laugarnesskóli		16:00-17:00 Laugardalshöll		17:00-18:00 Langholtsskóli	Einar og Oddur
4. bekkur KK (2015)		15:00-16:00 Laugardalshöll		13:40-14:40 Laugarnesskóli	16:00-17:00 Langholtsskóli	Einar og Oddur
4. bekkur KVK (2015)	15:00-16:00 Laugarnesskóli		16:00-17:00 Laugardalshöll		17:00-18:00 Langholtsskóli	Einar og Oddur
5. bekkur KK (2014)	15:30-16:30 Laugardalshöll		17:00-18:00 Laugardalshöll	15:00-16:00 Laugardalshöll		Pálmi og Oddur
5. bekkur KVK (2014)		17:00-18:00 Laugardalshöll	17:00-18:00 Laugardalshöll		15:00-16:00 Laugardalshöll	Sara
6. bekkur KK (2013)	15:30-16:30 Laugardalshöll	16:00-17:00 Laugardalshöll	17:00-18:00 Laugardalshöll	15:00-16:00 Laugardalshöll		Cedric
6. bekkur KVK (2013)		17:00-18:00 Laugardalshöll	15:00-16:00 Laugardalshöll	16:00-17:15 Laugardalshöll	15:00-16:00 Laugardalshöll	Sara
7. bekkur KK (2012)	16:30-17:30 Laugardalshöll	16:00-17:00 Laugardalshöll	15:00-16:00 Laugardalshöll	16:00-17:15 Laugardalshöll		Oddur
7. bekkur KVK (2012)	16:30-17:30 Laugardalshöll		15:00-16:00 Laugardalshöll	16:00-17:15 Laugardalshöll	16:00-17:00 Laugardalshöll	Camilla, Elfa og Telma
8. bekkur KK (2011)	16:30-17:30 Laugardalshöll	16:00-17:00 Laugardalshöll	16:00-17:00 Laugardalshöll	16:00-17:15 Laugardalshöll	14:45-16:00 Laugardalshöll	Oddur
8. bekkur KVK (2011)	16:30-17:30 Laugardalshöll	16:50-18:00 Laugardalshöll	16:00-17:00 Laugardalshöll	16:00-17:15 Laugardalshöll	16:00-17:00 Laugardalshöll	Camilla, Elfa og Telma
9. bekkur KK (2010)	15:30-17:30 Laugardalshöll	16:10-17:30 Kennó	15:00-16:15 Laugardalshöll	19:30-21:00 Íþróttahús MS	14:45-16:00 Laugardalshöll	Frank
9. bekkur KVK (2010)	16:00-17:30 Kennó	16:50-18:00 Laugardalshöll	16:00-17:30 Kennó	16:00-17:15 Kennó	16:00-17:00 Laugardalshöll	Alarie og Adama
10. bekkur KK (2009)	15:30-17:30 Laugardalshöll	20:00-21:30 Kennó	15:00-16:15 Laugardalshöll	19:30-21:00 Íþróttahús MS	16:00-17:30 Kennó	Alfonso
11. flokkur KK (2008)	20:30-22:00 Kennó	17:30-18:45 Kennó	20:30-22:00 Kennó	17:15-18:30 Kennó	16:00-17:30 Kennó	Júlíus
12. flokkur KK (2006-2007)	20:30-22:00 Kennó	17:30-18:45 Kennó	20:30-22:00 Kennó	17:15-18:30 Kennó	17:30-19:00 Kennó	Oddur Birnir
10.-12. flokkur KvK (2006-2008)	16:00-17:30 Kennó	16:50-18:00 Laugardalshöll	16:00-17:30 Kennó	16:00-17:15 Kennó	16:00-17:00 Laugardalshöll	Adama og Alarie