



# Frjálsíþróttadeild Ármanns 2022-2023



	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
<b>1.-2.bekkur</b>		15:00-15:45		15:00-15:45		
<b>3.-4.bekkur</b>		16:00-17:00		16:00-17:00		
<b>5.-6.bekkur</b>	16:00-17:30	16:00-17:30		16:00-17:30		
<b>7.-8.bekkur</b>		16:30-18:00	16:30-18:00	16:30-18:00	16:00-17:30	
<b>9.-10.bekkur</b>	17:00-18:30	17:00-18:30	16:30-18:00	17:00-18:30		
<b>Unglinga- og meistaraflokkur</b>	18:00-20:00+1	18:30-20:30	18:00-20:00+1	18:30-20:30	17:00-19:00	10:00-12:00