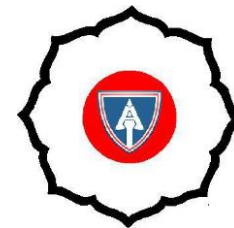




# Júðódeild Ármanns

## 2022-2023



	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
Krílajúðó						10:00-11:00
JUDO 15 ára og yngri		17:30-18:30		17:30-18:30		11:00-12:00
JUDO 16 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)			
Kata	20:00-21:00			20:00-21:00		
Hádegisglíma	12:00-13:00		12:00-13:00		12:00-13:00	
Veterans				20:00-21:00		12:00-13:00