



# Rafíþróttadeild Ármanns 2021-2022



|                        | Mánudagur   | Þriðjudagur | Miðvikudagur | Fimmtudagur | Föstudagur | Laugardagur  |
|------------------------|-------------|-------------|--------------|-------------|------------|--------------|
| 10 – 13 ára<br>Hópur 1 |             |             | 15:30-17:00  |             |            | 10:00 -12:00 |
| 10 – 13 ára<br>Hópur 2 |             |             | 17:10-18:40  |             |            | 12:00 -14:00 |
| 10 – 13 ára<br>Hópur 3 |             | 17:00-18:30 |              | 17:00-19:00 |            |              |
| 14 – 18 ára            | 17:00-18:30 |             |              |             |            | 14:00 -16:00 |

| Yfirþjálfari                | Netfang  | Símanúmer |
|-----------------------------|--|-----------|
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