

Æfingatafla Knattspyrnudeildar
Sumar 2017 ÍR 12. júní -31. ágúst

	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Sunnud.	Þjálfarar
8.fl.barna (*11 og yngri)	16:30 - 17:30		16:15 – 17:15					Jóhann Ingi Jóhannsson 698-9681 johanningi@kopavogur.is
7.fl.ka. (*09,'10)	16:30 – 17:30	16:30-17:30 yngri 17:30-18:30 eldri		16:30-17:30 yngri 17:30-18:30 eldri	16:30 – 17:30			Hjörtur Harðarsson 865-2874 fansick@gmail.com
7.fl.kv. (*09,'10)	13:00 – 14:00	13:00 – 14:00	13:00 – 14:00	13:00 – 14:00				Róbert Jóhannsson 868-9603 ruberamo@gmail.com
6.fl.ka. (*07,'08)	13:00-14:00 yngri 14:00-15:00 eldri	13:00-14:00 yngri 14:00-15:00 eldri	13:00-14:00 yngri 14:00-15:00 eldri	13:00-14:00 yngri 14:00-15:00 eldri				Kristján Gylfi Guðmundsson 899-5673 kristjanguylfi@gmail.com
6.fl.kv. (*07,'08)	14:00 – 15:00	14:00 – 15:00	14:00 – 15:00	14:00 – 15:00				Róbert Jóhannsson 868-9603 ruberamo@gmail.com
5.fl.ka. (*05,'06)	16:30 – 17:30	16:30 – 17:30	16:30 – 17:30	16:30 – 17:30	8:00 – 9:00			Magnús Þór Jónsson 664-8336 maggimark14@gmail.com
5.fl.kv. (*05,'06)	15:00 – 16:00	15:00 – 16:00	15:00 – 16:00	15:00 – 16:00	15:00 – 16:00			Róbert Jóhannsson 863-9603 ruberamo@gmail.com
4.fl.ka. (*03,'04)	16:00 – 17:30	15:30 – 17:00	15:00 – 16:30		13:00 – 14:30			Kristján G. Guðmundsson 8995673 kristjanguylfi@gmail.com
4.fl.kv. (*03,'04)	15:00 – 16:30	15:00 – 16:30		15:00 – 16:30	15:00 – 16:30			Helga Dagný Bjarnadóttir 865-2406 Sigurður Þ. Sigurþórsson 892-2267
3.fl.ka. (*01,'02)	18:00 – 19:30	18:00 – 19:30		18:00 – 19:30	18:00 – 19:30	11:00 – 12:30		Jóhannes Guðlaugsson 695-5040 johannes.gudlaugsson@reykjavik.is
3.fl.kv. (*01,'02)	17:00 – 18:15			17:00 – 18:15				Sigurður Þ. Sigurþórsson 892-2267 sigths65@gmail.com
2.fl.ka. (*98,'99,'00)								Sigurður Þórir Þorsteinsson 861-9401 sigurdurth@bhs.is
2.fl.kv. (*98,'99,'00)								Æfa með meistaraflokki kvenna
M.fl.ka. (*97 og eldri)								Arnar Þór Valsson 660-0382 arnar@heilsa.is
M.fl.kv.								Guðmundur Guðjónsson 869-2469

