



Æfingatafla Knattspyrnudeildar ÍR sumar 2018

Flokkar	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Þjálfarar
8.fl barna '12 og yngri	Gervigras 16:15-17:15			Malargras 16:15-17:15			Jóhann Ingi Jóhannsson johanningi@kopavogur.is
7.fl kk '10 og '11	Gervigras 12:30-13:30 Allir	Gervigras 12:30-13:30 Yngri 13:30-14:30 Eldri	Malargras 12:30-13:30 Allir	Gervigras 12:30-13:30 Yngri 13:30-14:30 Eldri			Stefán Þór Jónsson stebbatov@gmail.com 659-9660
7.fl kvk '10 og '11	Gervigras 16:30-17:30	Malargras 16:30-17:30	Malargras 16:30-17:30	Gervigras 16:30-17:30			Ingibjörg Fjóra Agústsdóttir ingibjorgfalck@gmail.com 857-4232
6.fl kk '08 og '09	Gervigras 13:00-14:00 Yngri 14:00-15:00 Eldri	Gervigras 14:15-15:15 Allir	Gervigras 13:00-14:00 Yngri 14:00-15:00 Eldri	Malargras 14:15-15:15 Allir			Kristján Gylfi Guðmundsson kristjangylfi@gmail.com 899-5673
6.fl kvk '08 og '09	Malargras 13:00-14:00	Malargras 13:00-14:00	Malargras 13:30-14:30	Gervigras 13:00-14:00			Róbert Jóhannsson ruberamo@gmail.com 868-9603
5.fl kk '06 og '07	Malargras 17:00 - 18:30 Allir	Gervigras 15:00-16:00 Yngri 16:00-17:00 Eldri	Malargras 15:00-16:00 Yngri 16:00-17:00 Eldri	Gervigras 15:00-16:00 Yngri 16:00-17:00 Eldri	Gervigras 08:00 - 09:00 Allir		Magnús Þór Jónsson maggimark14@gmail.com 664-8336
5.fl kvk '06 og '07	Malargras 14:00-15:00	Malargras 14:00-15:00	Malargras 14:30-15:30	Gervigras 14:00-15:00			Róbert Jóhannsson ruberamo@gmail.com 868-9603
4.fl kk '04 og '05	Malargras 15:30-17:00	Gervigras 13:00-14:15	Gervigras 15:30-17:00	Malargras 15:30-17:00	Malargras 13:00 - 14:30		Kristján Gylfi Guðmundsson kristjangylfi@gmail.com 899-5673
4.fl kvk '04 og '05		Malargras 14:30-16:00		Gervigras 14:30-16:00			Sigurður P. Sigurþórsson sigths65@gmail.com 892-2267 Örn Þór Karlsson 862-2921
3.fl kk '02 og '03	Gervigras 18:30-20:00	Gervigras 18:30-20:00		Malargras 18:30-20:00	Malargras 18:30-20:00	Gervigras 10:00-11:30	Jóhannes Guðlaugsson joigu77@gmail.com 695-5040
3.fl kvk '02 og '03	Gervigras 17:00-18:30	Gervigras 17:00-18:30	Malargras 17:00-18:30	Malargras 17:00-18:30			Engilbert Ó. H. Friðfinnsson berti@adfong.is 699-7669 Sigurður P. Sigurþórsson