

Æfingatafla Handknattleiksdeildar ÍR - Hausti 2020
ATH: Æfingatöflur eru birtar með fyrirvara um breytingar á tímasetningum

Flokkur/Aldur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Sunnudagur	Umsjónarþjálfari
8.fl. Karla ÍR-ungar		14:30-15:15 Seljaskóli			14:30-15:15 Seljaskóli			Davíð Georgsson
8.fl. Kvenna ÍR-ungar		15:00-15:45 Austurberg			15:00-15:45 Austurberg			Ólöf Marín Hlynsdóttir
7.fl.ka. (2011-2012)		15:15-16:00 Seljaskóli		15:15-16:15 Breiðholtsskóli	15:15-16:00 Seljaskóli			Arnar Freyr Guðmundsson
7.fl.kv. (2011-2012)	14:50-15:50 Seljaskóli	16:00-17:00 Breiðholtsskóli		15:30-16:15 Seljaskóli				Dagur Sverrir Kristjánsson
6.fl.ka. (2009-2010)		15:00-16:00 Breiðholtsskóli	16:00-17:00 Seljaskóli	14:45-15:30 Seljaskóli				Hafþór Vignisson
6.fl.kv. (2009-2010)	14:50-15:50 Seljaskóli	17:00-18:00 Breiðholtsskóli		15:30-16:15 Seljaskóli				Davíð Edward
5.fl.ka. (2007-2008)	15:50-17:00 Austurberg	15:50-17:00 Austurberg		17:15-18:15 Breiðholtsskóli	15:50-17:00 Austurberg			Úlfur Kjartansson
5.fl.kv. (2007-2008)		18:00-19:30 Breiðholtsskóli	17:10-18:10 Austurberg	17:00-18:10 Austurberg		09:00-10:00 Austurberg		Bogi Örn Jónsson
4.fl.ka. (2005-2006)	15:50-17:00 Austurberg	15:50-17:00 Austurberg	15:50-17:00 Austurberg		15:50-17:00 Austurberg			Bjarni Fritz
4.fl.kv. (2005-2006)	17:00-18:10 Austurberg	17:00-18:10 Austurberg		16:00-17:00 Austurberg		14:10-15:30 Austurberg		Anna Margrét
3.fl.ka. (2002-2004)	21:10-22:40 Austurberg			21:10-22:40 Austurberg	21:10-22:40 Austurberg			Davíð Georgsson
3.fl.kv. (2002-2004)		21:10-22:40 Austurberg	21:10-22:40 Austurberg			13:00-14:10 Austurberg		Finnbogi G. Sigurbjörnsson

Verðskrá Haust 2020

8 fl. barna - ÍR-ungar	31.000,-
7. fl. karla	32.000,-
7. fl. kvenna	32.000,-
6. fl. karla	32.000,-
6. fl. kvenna	32.000,-
5 fl. karla	39.750,-
5. fl. kvenna	39.750,-
4. fl. karla	46.500,-
4. fl. kvenna	46.500,-
3. fl. karla	46.500,-
3. fl. kvenna	46.500,-