

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			Dabbi G
8.fl. Kvenna ÍR-ungar		15:00-15:45 Austurberg			15:00-15:45 Austurberg			Ólöf Marín
7.fl.ka.		15:15-16:00 (eldra ár) 16:00-16:45 (yngra ár) Seljaskóli		15:15-16:15 Breiðholtsskóli	15:15-16:00 (eldra ár) 16:00-16:45 (yngra ár) Seljaskóli			Arnar F
7.fl.kv.	14:50-15:50 Seljaskóli	16:00-17:00 Breiðholtsskóli		15:30-16:15 Seljaskóli				Davíð og Dagur
6.fl.ka.		15:00-16:00 Breiðholtsskóli	16:00-17:00 Seljaskóli	14:45-15:30 Seljaskóli				Hafþór Vignis
6.fl.kv. (2008-09)	14:50-15:50 Seljaskóli	17:00-18:00 Breiðholtsskóli		15:30-16:15 Seljaskóli				Davíð og Dagur
5.fl.ka.	15:50-17:00 Austurberg	15:50-17:00 Austurberg	15:50-17:00 Austurberg		15:50-17:00 Austurberg			Úlfur
5.fl.kv.		18:00-19:30 Breiðholtsskóli	17:10-18:10 Austurberg	17:00-18:10 Austurberg		9:00-10:00 Austurberg		Bogi Örn
4.fl.ka.	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.	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.	21:10-22:40 Austurberg			21:10-22:40 Austurberg	20:00-21:30 Austurberg			Dabbi G
3.fl.kv.		21:10-22:40 Austurberg	21:10-22:40 Austurberg			13:00-14:10 Austurberg		Finnbogi
M.fl.ka.	19:40-21:10 Austurberg	18:10-19:40 Austurberg	18:10-19:40 Austurberg	19:40-21:10 Austurberg	17:00-18:30 Austurberg	10:00-11:30 Austurberg	10:00-11:30 Austurberg	Kiddi B
M.fl.kv.	18:10-19:40 Austurberg	19:40-21:10 Austurberg	19:40-21:10 Austurberg	18:10-19:40 Austurberg	18:30-20:00 Austurberg	11:30-13:00 Austurberg	11:30-13:00 Austurberg	Finnbogi

ATH: Æfingatöflur eru birtar með fyrirvara um breytingar á tímasetningum

Yfirþjálfari handknattleiksdeildar: Arnar Freyr Guðmundsson

Simi: 896-7755 Email: handbolti98@gmail.com

Verðskrá Vor 2021

8 fl. barna - ÍR-ungar

7. fl. karla 36.000,-

7. fl. kvenna 36.000,-

6. fl. karla 36.000,-

6. fl. kvenna 36.000,-

5 fl. karla 44.250,-

5. fl. kvenna 44.250,-

4. fl. karla 52.500,-

4. fl. kvenna 52.500,-

3. fl. karla 52.500,-

3. fl. kvenna 52.500,-

Þjálfarar og Facebook-hópar 2020-21

8.flokkur Karla (ÍR Ungar 1-2b)

Þjálfari: Davíð Georgsson

Facebook: <https://www.facebook.com/groups/885617915594906>

8.flokkur Kvenna (ÍR Ungar 1-2b)

Þjálfari: Ólöf Marín Hlynsdóttir

Facebook: <https://www.facebook.com/groups/317845179413715>

7.flokkur Karla

Þjálfari: Arnar Freyr Guðmundsson

Facebook: <https://www.facebook.com/groups/325275115190163>

7.flokkur Kvenna

Þjálfari: Dagur Sverrir Kristjánsson/Davíð Edward Anderson

Facebook: <https://www.facebook.com/groups/919392785137340>

6 Flokkur Karla

Þjálfari: Hafþór Már Vignisson

Facebook: <https://www.facebook.com/groups/596229187727254>

6.Flokkur Kvenna

Þjálfari: Dagur Sverrir Kristjánsson/Davíð Edward Anderson

Facebook: <https://www.facebook.com/groups/315808659530877>

5.Flokkur Karla

Þjálfari: Úlfur Kjartansson

Facebook: <https://www.facebook.com/groups/291253454793688>

5. Flokkur Kvenna

Þjálfari: Bogi Örn Jónsson

Facebook: <https://www.facebook.com/groups/1181969148836787>

4. Flokkur Karla

Þjálfari: Bjarni Fritzson

Facebook: <https://www.facebook.com/groups/757605071689416>

4. Flokkur Kvenna

Þjálfari: Anna Margrét Sigurðardóttir

Facebook: <https://www.facebook.com/groups/324249212070808>

3. Flokkur Karla

Þjálfari: Davíð Georgsson

Facebook: <https://www.facebook.com/groups/408340663132690>

3. Flokkur Kvenna

Þjálfari: Finnbogi Grétar Sigurbjörnsson

Facebook: <https://www.facebook.com/groups/323609098994736>