

Æfingatafla Handknattleiksdeildar ÍR - Vor 2022

Flokkur/Aldur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Sunnudagur	Umsjónarþjálfari
8.fl. Karla ÍR-ungar (2014-2015)		15:15-16:00 Seljaskóli		15:15-16:00 Seljaskóli				Davíð Georgsson dabbalu7@gmail.com S: 695-6171
8.fl. Kvenna ÍR-ungar (2014-2015)	16:00-16:45 Seljaskóli		16:00-16:45 Seljaskóli					Tinna Baldursdóttir tinnabaldurs@gmail.com S: 695-2331
7.fl.ka. (2012-2013)		14:30-15:15 Seljaskóli		14:30-15:15 Seljaskóli	15:15-16:00 Breiðholtsskóli			Davíð Georgsson dabbalu7@gmail.com S: 695-6171
7.fl.kv. (2012-2013)	15:00-15:45 Seljaskóli		15:15-16:00 Seljaskóli	15:15-16:00 Breiðholtsskóli				Arnar Freyr Guðmundsson arnarfreyr@ir.is S: 896-7755
6.fl.ka. (2010-2011)	15:00-16:00 Seljaskóli	15:00-16:00 Breiðholtsskóli			14:45-15:30 Seljaskóli			Hafþór Már Vignisson hmv1@unak.is S: 857-3485
6.fl.kv. (2010-2011)	16:00-16:45 Seljaskóli		15:15-16:15 Seljaskóli	16:00-17:00 Breiðholtsskóli				Dagur Sverrir Kristjánsson Sverri@gmail.com 6185716
5.fl.ka. (2009-2008)		16:00-17:00 Breiðholtsskóli	15:50-16:50 Austurberg	17:00-18:10 Austurberg	15:00-16:00 Austurberg			Erlendur Ísfeld elliisfeld@gmail.com S: 820-0767
5.fl.kv. (2009-2008)	18:30-19:30 Breiðholtsskóli	17:00-18:10 Austurberg		17:00-18:10 Austurberg		9:00-10:00 Austurberg		Bogi Örn Jónsson bogiorn95@gmail.com S: 844-6820
4.fl.ka. (2006-2007)	15:50-17:00 Austurberg	15:50-16:50 Austurberg		15:50-17:00 Austurberg	17:00-18:10 Austurberg			Bjarni Fritzon bjarnif@hi.is S: 692-7407
4.fl.kv. (2006-2007)	17:00-18:10 Austurberg		16:50-17:50 Austurberg		16:00-17:00 Austurberg	10:00-11:10 Austurberg		Finnbogi Grétar Sigurbjörnsson fgslfc@gmail.com S: 661-0071
3.fl.ka. (2003-2005)	21:10-22:40 Austurberg	Sportablar	20:30-22:00 Austurberg	Sportablar	Sportablar	13:50-15:00 Austurberg		Arnar Freyr Guðmundsson arnarfreyr@ir.is S: 896-7755
3.fl.kv. (2003-2005)	Sportablar	21:10-22:40 Austurberg	Sportablar	21:10-22:40 Austurberg	Sportablar	13:50-15:00 Austurberg		Arnar Freyr Guðmundsson arnarfreyr@ir.is S: 896-7755
M.fl.ka.	19:40-21:10 Austurberg	18:10-19:40 Austurberg	19:10-20:30 Austurberg	18:10-19:40 Austurberg	19:30-20:50 Austurberg	11:10-12:30 Austurberg		Kristinn Björgúlfsson Kristinn@bergulfur.is 8992085

M.fl.kv.	18:10-19:40 Austurberg	19:40-21:10 Austurberg	17:50-19:10 Austurberg	19:40-21:10 Austurberg	18:10-19:30 Austurberg	12:30-13:50 Austurberg		Arnar Freyr Guðmundsson arnarfreyr@ir.is S: 896-7755
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ATH: Æfingatöflur eru birtar með fyrirvara um
Yfirþjálfari handknattleiksdeildar: Arnar Freyr
Sími: 896-7755 Email: handbolti98@gmail.com

Verðskrá Vor 2022

8 fl. barna - ÍR-ungar	X
7. fl. karla	40.500,-
7. fl. kvenna	40.500,-
6. fl. karla	42.500,-
6. fl. kvenna	42.500,-
5 fl. karla	48.500,-
5. fl. kvenna	48.500,-
4. fl. karla	56.500,-
4. fl. kvenna	56.500,-
3. fl. karla	56.500,-
3. fl. kvenna	56.500,-

breytingar á tímasetningum
Guðmundsson