

**Æfingatafla Knattspyrnudeildar ÍR  
Vetur 2023-2024**

Flokkur/Aldur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Sunnudagur	Umsjónarþjálfari
<b>8.fl. barna ('18 og yngri)</b>	Knatthús 16:30-17:30		Knatthús 16:30-17:30					Jóhann Ingi Jóhannsson 698-9681 johanningi@kopavogur.is
<b>7.fl.ka. ÍR-ungar (2017-16)</b>	Knatthús 15:30-16:30		Gervigras 15:30-16:30		Knatthús 15:30-16:30			Kristján Daði Finnbjörnsson 770-3955 <a href="mailto:kristjandadif@gmail.com">kristjandadif@gmail.com</a>
<b>7.fl.kv. ÍR-ungar (2017-16)</b>		Knatthús 14:30-15:30			Knatthús 14:30-15:30	Gervigras/Knatthús 12:00-13:00		Gunnar Olgeir Harðarson 824-6739 gunnarol2010@gmail.com
<b>6.fl.ka. (2015-14)</b>	Knatthús 14:30-15:30		Knatthús 14:30-15:30	Gervigras 14:30-15:30				Kristján Daði Finnbjörnsson 770-3955 <a href="mailto:kristjandadif@gmail.com">kristjandadif@gmail.com</a>
<b>6.fl.kv. (2015-14)</b>	Knatthús 15:30-16:30	Knatthús 14:30-15:30		Gervigras 15:15-16:15				Katrín Arna Kjartansdóttir 898-3977 katrinkjartans@gmail.com
<b>5.fl.ka. (2013-12)</b>	Gervigras 16:30-17:30	Gervigras 16:15-17:30		Gervigras 16:15-17:30		Knatthús 11:00-12:00		Kristján Daði Finnbjörnsson 770-3955 <a href="mailto:kristjandadif@gmail.com">kristjandadif@gmail.com</a>
<b>5.fl.kv. (2013-12)</b>	Gervigras 16:15-17:15	Gervigras/Knatthús 15:30-16:30		Gervigras 16:30-17:30		Knatthús 09:30-10:30		Orri Erlingsson 868-6569 orrierlingsson@gmail.com
<b>4.fl.ka. (2011-10)</b>	Knatthús 17:30-18:30		Gervigras ½ 16:30-17:45		Gervigras 16:30-17:45	Gervigras 12:00-13:00		Þorsteinn Tjörvi Sigurðsson 615-7802 steinitjorvi@gmail.com
<b>4.fl.kv. (2011-10)</b>	Gervigras/knatthús 17:30-18:45		Knatthús 17:30-18:45		Gervigras 17:30-18:45	Gervigras 12:00-13:30		Ásdís Erna Viðarsdóttir 615-8000 asdis@lagafellsskoli.is
<b>3.fl.ka. (2009-08)</b>	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Gunnar Olgeir Harðarson 824-6739 gunnarol2010@gmail.com
<b>3.fl.kvk (2009-08)</b>	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Ásdís Erna Viðarsdóttir 615-8000 asdis@lagafellsskoli.is

<b>2.fl.ka. (2004-06)</b>	Sportabler	Sportabler	Sportabler	Sportabler	Sportabler	Sportabler	Sportab ler	Halldór Arnarsson halldor@ir.is
-------------------------------	------------	------------	------------	------------	------------	------------	----------------	------------------------------------

**ATH: Æfingatöflur eru birtar með fyrirvara um breytingar á tímasetningum**

**Yfirbjálfari knattspyrnudeildar**

**Halldór Arnarsson**

**[halldor@ir.is](mailto:halldor@ir.is)**