

**Æfingatafla Knattspyrnudeildar ÍR
Sumar 2024**

Flokkur/Aldur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Sunnudagur	Umsjónarþjálfari
8.fl. barna ('18 og yngri)		Knatthús 16:20-17:20		Knatthús 16:30-17:30				Jóhann Ingi Jóhannsson 698-9681 johanningi@kopavogur.is
7.fl.ka. ÍR-ungar (2017-16)	Gervigras 16:20-17:20		Gervigras 16:20-17:20	Gervigras 16:20-17:20				Kristján Daði Finnbjörnsson 770-3955 kristjandadif@gmail.com
7.fl.kv. ÍR-ungar (2017-16)	Gervigras 16:20-17:20	Gervigras 16:20-17:20		Gervigras 16:20-17:20				Gunnar Olgeir Harðarson 824-6739 gunnarol2010@gmail.com
6.fl.ka. (2015-14)	Gervigras 12:45-13:45	Gervigras 12:45-13:45	Gervigras 12:45-13:45	Gervigras 12:45-13:45				Kristján Daði Finnbjörnsson 770-3955 kristjandadif@gmail.com
6.fl.kv. (2015-14)	Gervigras 12:45-13:45	Gervigras 12:45-13:45	Gervigras 12:45-13:45	Gervigras 12:45-13:45				Katrín Arna Kjartansdóttir 898-3977 katrinkjartans@gmail.com
5.fl.ka. (2013-12)	Gervigras 13:45-15:00	Gervigras 13:45-15:00		Gervigras 13:45-15:00	Gervigras 12:45-13:45			Kristján Daði Finnbjörnsson 770-3955 kristjandadif@gmail.com
5.fl.kv. (2013-12)	Gervigras 13:45-15:00	Gervigras 13:45-15:00		Gervigras 13:45-15:00	Gervigras 13:45-15:00			Orri Erlingsson 868-6599 orrierlingsson@gmail.com
4.fl.ka. (2011-10)	Gervigras 15:00-16:15	Gervigras 15:00-16:15		Gervigras 15:00-16:15	Gervigras 15:00-16:15			Þorsteinn Tjörvi Sigurðsson 615-7802 steinitjorvi@gmail.com
4.fl.kv. (2011-10)	Knatthús 15:00-16:15	Gervigras 15:00-16:15		Gervigras 15:00-16:15	Gervigras 13:45-15:00			Ásdís Erna Viðarsdóttir 615-8000 asdis@lagafellsskoli.is
3.fl.ka. (2009-08)	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Gunnar Olgeir Harðarson 824-6739 gunnarol2010@gmail.com
3.fl.kvk (2009-08)	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Ásdís Erna Viðarsdóttir 615-8000 asdis@lagafellsskoli.is

2.fl.ka. (2004-06)	Sportabler	Sportabler	Sportabler	Sportabler	Sportabler	Sportabler	Sportabl er	Halldór Arnarsson halldor@ir.is
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ATH: Æfingatöflur eru birtar með fyrirvara um breytingar á tímasetningum

Yfirbjálfari knattspyrnudeildar

Halldór Arnarsson

halldor@ir.is