

**Æfingatafla Knattspyrnudeildar ÍR
Vetur 2024-2025**

Flokkur/Aldur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Sunnudagur	Umsjónarþjálfari
8.fl. barna ('19 og yngri)			Knatthús 16:30-17:30				Knatthús 10:00-11:00	Jóhann Ingi Jóhannsson johanningi@kopavogur.is
7.fl.ka. ÍR-ungar (2018-17)		Knatthús 14:30-15:25	Knatthús 14:30-15:25		Knatthús 14:30-15:25			Halldór Arnarsson halldor@ir.is
7.fl.kv. ÍR-ungar (2018-17)	Knatthús 14:30-15:25			Knatthús 14:30-15:25	Knatthús 15:30-16:30			Gunnar Olgeir Harðarson gunnarol2010@gmail.com
6.fl.ka. (2016-15)	Knatthús 15:30-16:25		Knatthús 15:30-16:25	Knatthús 15:30-16:25				Halldór Arnarsson halldor@ir.is
6.fl.kv. (2016-15)		Knatthús 15:30-16:25		Knatthús 14:30-15:25	Knatthús 15:30-16:25			Orri Erlingsson 868-6599 orrierlingsson@gmail.com
5.fl.ka. (2014-13)	Knatthús 16:15-17:30	Gervigras 15:15-16:30		Gervigras 16:45—18:00	Knatthús 16:15-17:30			Lúka Kostic asklukatraining@gmail.com
5.fl.kv. (2014-13)		Knatthús 16:30-17:30	Gervigras 15:30-16:30	Knatthús 16:30-17:30	Gervigras 16:15-17:30			Orri Erlingsson 868-6599 orrierlingsson@gmail.com
4.fl.ka. (2012-11)	Knatthús 17:15-18:30	Gervigras 16:30-17:45		Gervigras 15:30-16:30	Gervigras 15:00-16:15			Lúka Kostic asklukatraining@gmail.com
4.fl.kv. (2012-11)	Gervigras 16:15-17:30	Knatthús 17:30-18:30	Gervigras 16:15-17:30		Gervigras 16:15-17:30			Ásdís Erna Viðarsdóttir 615-8000 asdis@lagafellsskoli.is
3.fl.ka. (2010-09)	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Gunnar Olgeir Harðarson 824-6739 gunnarol2010@gmail.com
3.fl.kvk (2010-09)	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Ásdís Erna Viðarsdóttir 615-8000 asdis@lagafellsskoli.
2.fl.ka. (2006-08)	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Sportablar	Halldór Arnarsson halldor@ir.is

ATH: Æfingatöflur eru birtar með fyrirvara um breytingar á tímasetningum

Yfirbjálfari knattspyrnudeildar

Halldór Arnarsson

halldor@ir.is