

**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 | Halldór Arnarsson halldor@ir.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 | | | Einar M Guðlaugsson Einarmg15@gmail.com |
| 3.fl.ka. (2010-09) | Sportablar | Sportablar | Sportablar | Sportablar | Sportablar | Sportablar | Sportablar | Gunnar Olgeir Harðarson 824-6739 gunnarol2010@gmail.com |
| 2-3.fl.kvk (2010-05) | Sportablar | Sportablar | Sportablar | Sportablar | Sportablar | Sportablar | Sportablar | Einar M Guðlaugsson Einarmg15@gmail.com |
| 2.fl.ka. (2006-08) | Sportablar | Sportablar | Sportablar | Sportablar | Sportablar | Sportablar | Sportablar | Sigmann Þórðarson sigmannth@gmail.com |

ATH: Æfingatöflur eru birtar með fyrirvara um breytingar á tímasetningum

Yfirbjálfari knattspyrnudeildar

Halldór Arnarsson

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