Æfingatafla Knattspyrnudeildar ÍR
Haust 2026

Flokkur/Aldur	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur	Sunnudagur	Umsjónarþjálfari
8.fl.barna ('21 og yngri)			16:30-17:30 Knatthús				10:00-11:00 Knatthús	Sóley Lárusdóttir Steinunn Lind Hróarsdóttir
7.fl.kk (2019-20)	15:30-16:30 Knatthús		Skólaæfing: Seljaskóli 14:20-15:10	Skólaæfing: Ölduselsskóli 15:00-15:50 (y) 15:50-16:40 (e) Breiðholtsskóli 15:40-16:30		10:30-11:30 Knatthús		André Musa Solórzano
7.fl.kvk (2019-20)		15:30-16:30 Knatthús			Skólaæfing: Seljaskóli 14:00-14:50 Ölduselsskóli 14:30-15:20 Breiðholtsskóli 15:00-15:50	11:30-12:30 Knatthús		André Musa Solórzano
6.fl.kk (2017-18)		14:30-15:25 Knatthús	14:30-15:25 Knatthús		14:30-15:25 Knatthús			Przemek Lewandowski
6.fl.kvk (2017-18)	14:30-15:25 Knatthús		15:30-16:25 Knatthús	14:30-15:25 Knatthús				Halldór Arnarsson
5.fl.kk (2015-16)	16:45-18:00 Gervigras	15:30-16:45 Gervigras		15:30-16:30 Knatthús	15:30-16:45 Knatthús			Kristján Atli Marteinsson
5.fl.kvk (2015-16)		15:30-16:45 Knatthús	15:30-16:30 Knatthús	16:30-17:45 Gervigras	15:30-16:30 Knatthús			Kristján Atli Marteinsson
4.fl.kk (2013-14)	16:30-17:45 Knatthús	16:30-17:45 Knatthús	17:30-19:00 Gervigras		14:30-16:00 Gervigras			André Musa Solórzano Arnar Þór Valsson
4.fl.kvk (2013-14)	16:30-18:00 Gervigras	17:45-19:00 Knatthús	17:30-18:45 Knatthús	16:45-18:00 Gervigras				Smári Þorbjörnsson
3.fl.kk (2011-12)	17:30-18:45 Knatthús		Styrkur	19:00-20:30 Knatthús	16:00-17:30 Gervigras		15:30-17:00 Knatthús	Halldór Arnarsson
3.fl.kvk (2011-12)	18:30-20:30 Styr. + Gervigr.		20:00-21:30 Knatthús	16:30-17:45 Knatthús	16:30-17:30 Knatthús			Einar M Gunnlaugsson
2.fl.kk (2008-10)	20:00-21:30 Knatthús	18:00-19:30 Gervigras	19:00-20:30 Gervigras	Styrkur	19:00-20:30 Knatthús		17:00-18:30 Knatthús	Arnar Þór Valsson