

Flokkur	Mán	Þri	Mið	Fim	Fös	Lau	Sun	Þjálfari	Netfang	Sími
M.fl kk	19:30-21:00	19:00-20:30	17:00-18:30	19:00-20:30	18:30-20:00	09:00-10:30		Kári Gardarsson	kari@grottasport.is	868 2426
	Fjölínshöll (2)	Dalhús	Fjölínshöll (1)	Dalhús	Fjölínshöll (1)	Fjölínshöll (1)				
M.fl kv	17:00-18:30	18:00-19:00	19:30-21:00	17:30-19:00	18:00-19:30	10:30-12:00		Arnór Ásgeirsson	arnor@folnir.is	849 3418
	Fjölínshöll (1)	Dalhús	Fjölínshöll (1)	Dalhús	Fjölínshöll (2)	Eglishöll				
Fjölínir U	21:00-22:00		21:00-22:00					Guðmundur Rúnar Guðmundsson	gummi6@gmail.com	690 7782
	Eglishöll		Fjölínshöll (1)							
3.fl kk	19:30-21:00	20:30-22:00	20:00-21:30	21:00-22:00	20:00-21:00		10:30-12:00	Magnús Kári Jónsson	magnus@hsl.is	698 1979
árg. 2000-2002	Fjölínshöll (1)	Dalhús	Fylkishöll	Dalhús	Fjölínshöll (1)		Fjölínshöll (1)		Facebook hópur	
3.fl kv	17:00-18:30	18:00-19:00	19:30-21:00	17:30-19:00	19:30-21:00	12:00-13:30		Sigurón Friðbjörn Björnsson	sonni31@gmail.com	694 6136
árg. 2000-2002	Fjölínshöll (1)	Dalhús	Fjölínshöll (2)	Dalhús	Fjölínshöll (2)	Fjölínshöll (1)			Facebook hópur	
4.fl kk	20:00-21:30	18:00-19:30	17:00-18:00	19:30-21:00			12:00-13:30	Andri Sigtússon	andri.sigfusson@rvkskolar.is	663 2088
árg. 2003-2004	Fylkishöll	Fjölínshöll (2)	Fjölínshöll (2)	Fylkishöll			Fjölínshöll (1)		Facebook hópur	
4.fl kv	17:00-18:00	18:30-19:30	19:30-21:00		17:00-18:00	12:00-13:30		Gísli Steinar Jónsson	kurid@hotmail.com	
árg. 2003-2004	Fjölínshöll (2)	Styrkur (D)	Fjölínshöll (2)		Fylkishöll	Fjölínshöll (1)			Facebook hópur	
5.fl kk	18:30-19:30		18:30-19:30		17:00-18:30			Andri Sigtússon	andri.sigfusson@rvkskolar.is	663 2088
árg. 2005-2006	Fjölínshöll (1)		Fjölínshöll (1)		Fjölínshöll (1)				Facebook hópur	
5.fl kv		16:10-17:10	16:00-17:00	16:00-17:30				Adalsteinn Örn Adalsteinsson	alliom98@gmail.com	618 7364
árg. 2005-2006		Fjölínshöll (2)	Fjölínshöll (1)	Dalhús					Facebook hópur	
6.fl kk		16:00-17:00		18:00-19:00	16:00-17:00			Dóra Sif Egilsdóttir	dorae12@ru.is	662 0371
árg. 2007-2008		Dalhús		Fjölínshöll (2)	Fjölínshöll (1)				Facebook hópur	
6.fl kv		16:10-17:10	16:00-17:00	16:00-17:00				Adalsteinn Örn Adalsteinsson	alliom98@gmail.com	618 7364
árg. 2007-2008		Fjölínshöll (2)	Fjölínshöll (1)	Dalhús					Facebook hópur	
7.fl		17:00-18:00			17:00-18:00			Dóra Sif Egilsdóttir	dorae12@ru.is	662 0371
árg. 2009-2010		Dalhús			Fjölínshöll (2)				Facebook hópur	
8.fl	14:30-15:20		14:30-15:20					Elin Jónsdóttir	elin.jons92@gmail.com	869 5068
árg. 2011-2012	Fjölínshöll (1)		Fjölínshöll (1)						Facebook hópur	
Þróttaskóli						09:00-09:50		Guðmunda Stefanía Gestsdóttir	guðmunda11@ru.is	866 8258
árg. 2013-2015						Dalhús			Facebook hópur	

Fjölínshöll 1	Salur 1	Nýja húsið í Eglishöll
Fjölínshöll 2	Salur 2	Nýja húsið í Eglishöll

Flokkur	Mán	Þri	Mið	Fim	Fös	Lau	Sun	Þjálfari	Netfang	Sími
M.fl kk	19:30-21:00	19:00-20:30	17:00-18:30	19:00-20:30	18:30-20:00	09:00-10:30		Kári Gardarsson	kari@grottasport.is	868 2426
	Fjölínshöll (2)	Dalhús	Fjölínshöll (1)	Dalhús	Fjölínshöll (1)	Fjölínshöll (1)				
M.fl kv	17:00-18:30	18:00-19:00	19:30-21:00	17:30-19:00	18:00-19:30	10:30-12:00		Arnór Ásgeirsson	arnor@fjolnir.is	849 3418
	Fjölínshöll (1)	Dalhús	Fjölínshöll (1)	Dalhús	Fjölínshöll (2)	Eglishöll				
Fjölínir U	21:00-22:00		21:00-22:00					Guðmundur Rúnar Guðmundsson	gummi6@gmail.com	690 7782
	Eglishöll		Fjölínshöll (1)							
3.fl kk	19:30-21:00	20:30-22:00	20:00-21:30	21:00-22:00	20:00-21:00		10:30-12:00	Magnús Kári Jónsson	magnus@hsl.is	698 1979
árg. 2000-2002	Fjölínshöll (1)	Dalhús	Fylkishöll	Dalhús	Fjölínshöll (1)		Fjölínshöll (1)		Facebook hópur	
3.fl kv	17:00-18:30	18:00-19:00	19:30-21:00	17:30-19:00	19:30-21:00	12:00-13:30		Sigurjón Friðbjörn Björnsson	sonni31@gmail.com	694 6136
árg. 2000-2002	Fjölínshöll (1)	Dalhús	Fjölínshöll (2)	Dalhús	Fjölínshöll (2)	Fjölínshöll (1)			Facebook hópur	
4.fl kk	20:00-21:30	18:00-19:30	17:00-18:00	19:30-21:00			12:00-13:30	Andri Sigfússon	andri.sigfussjon@rvksskolar.is	663 2088
árg. 2003-2004	Fylkishöll	Fjölínshöll (2)	Fjölínshöll (2)	Fylkishöll			Fjölínshöll (1)		Facebook hópur	
4.fl kv	17:00-18:00	18:30-19:30	19:30-21:00		17:00-18:00	12:00-13:30		Gísli Steinar Jónsson	kurlid@hotmail.com	
árg. 2003-2004	Fjölínshöll (2)	Styrkur (D)	Fjölínshöll (2)		Fylkishöll	Fjölínshöll (1)			Facebook hópur	
5.fl kk	18:30-19:30		18:30-19:30		17:00-18:30			Andri Sigfússon	andri.sigfussjon@rvksskolar.is	663 2088
árg. 2005-2006	Fjölínshöll (1)		Fjölínshöll (1)		Fjölínshöll (1)				Facebook hópur	
5.fl kv		16:10-17:10	16:00-17:00	16:00-17:30				Adalsteinn Örn Adalsteinnsson	allion98@gmail.com	618 7364
árg. 2005-2006		Fjölínshöll (2)	Fjölínshöll (1)	Dalhús					Facebook hópur	
6.fl kk		16:00-17:00		18:00-19:00	16:00-17:00			Dóra Sif Egilsdóttir	dorae12@ru.is	662 0371
árg. 2007-2008		Dalhús		Fjölínshöll (2)	Fjölínshöll (1)				Facebook hópur	
6.fl kv		16:10-17:10	16:00-17:00	16:00-17:00				Adalsteinn Örn Adalsteinnsson	allion98@gmail.com	618 7364
árg. 2007-2008		Fjölínshöll (2)	Fjölínshöll (1)	Dalhús					Facebook hópur	
7.fl		17:00-18:00			17:00-18:00			Dóra Sif Egilsdóttir	dorae12@ru.is	662 0371
árg. 2009-2010		Dalhús			Fjölínshöll (2)				Facebook hópur	
8.fl	14:30-15:20		14:30-15:20					Elin Jónsdóttir	elin.jons92@gmail.com	869 5068
árg. 2011-2012	Fjölínshöll (1)		Fjölínshöll (1)						Facebook hópur	
Íþróttaskóli						09:00-09:50		Guðmunda Stefania Gestisdóttir	guðmunda11@ru.is	866 8258
árg. 2013-2015						Dalhús			Facebook hópur	

Fjölínshöll 1	Salur 1	Nýja húsið í Eglishöll
Fjölínshöll 2	Salur 2	Nýja húsið í Eglishöll

	Mán	Pri	Mið	Fim	Fös	Lau	Sun
M.fl kk	Eglishöll	Dalhús	Eglishöll	Dalhús	Eglishöll	Eglishöll	
<i>Kári Garðarsson</i>	90	90	90	90	90	90	540
M.fl kv	Eglishöll	Dalhús	Eglishöll	Dalhús	Eglishöll	Eglishöll	
<i>Arnór Ásgeirsson</i>	90	60	90	90	90	90	510
3.fl kk	Eglishöll	Dalhús	Fylkishöll	Dalhús	Eglishöll		Eglishöll
<i>Magnús Kári Jónsson</i>	90	60	90	60	90		90
3.fl kv	Eglishöll	Dalhús	Eglishöll	Dalhús	Eglishöll	Eglishöll	
<i>Sigurjón Friðbjörn Björnsson</i>	90	60	90	90	60	90	480
4.fl kk	Fylkishöll	Eglishöll	Eglishöll	Fylkishöll			Eglishöll
<i>Andri Sigfússon</i>	90	90	60	90			90
4.fl kv	Eglishöll		Eglishöll		Fylkishöll	Eglishöll	
<i>Gísli Steinar Jónsson</i>	60		90		60	90	300
5.fl kk	Eglishöll		Eglishöll		Eglishöll		
<i>Andri Sigfússon</i>	60		60		90		210
5.fl kv		Eglishöll	Eglishöll	Dalhús			
<i>Aðalsteinn Örn Aðalsteinnsson</i>		60	60	90			210
6.fl kk		Dalhús		Eglishöll	Eglishöll		
<i>Dóra Sif Egilsdóttir</i>		60		60	60		180
6.fl kv		Eglishöll	Eglishöll	Dalhús			
<i>Aðalsteinn Örn Aðalsteinnsson</i>		60	60	90			210
7.fl		Dalhús			Eglishöll		
<i>Dóra Sif Egilsdóttir</i>		60			60		120
8.fl	Eglishöll		Eglishöll				
	50		50				0
Íþróttaskóli							
<i>Guðmunda Stefanía Gestsdóttir</i>						Dalhús	50

	Mán	Þri	Mið	Fim	Fös	Lau	Sun
Mfl.karla	Egilshöll	Dalhús	Egilshöll	Dalhús	Egilshöll	Egilshöll	
3.fl.karla	Egilshöll	Dalhús	Fylkishöll	Dalhús	Egilshöll		Egilshöll
4.fl.karla	Fylkishöll	Egilshöll	Egilshöll	Fylkishöll			Egilshöll
5.fl.karla	Egilshöll		Egilshöll		Egilshöll		
6.fl.karla		Dalhús		Egilshöll	Egilshöll		
7.fl.karla		Dalhús			Egilshöll		
8.fl.karla	Egilshöll		Egilshöll				

Mfl.kvenna	Egilshöll	Dalhús	Egilshöll	Dalhús	Egilshöll	Egilshöll	
3.fl.kvenna	Egilshöll		Egilshöll	Dalhús	Egilshöll	Egilshöll	
4.fl.kvenna	Egilshöll		Egilshöll		Fylkishöll	Egilshöll	
5.fl.kvenna		Egilshöll	Egilshöll	Dalhús			
6.fl.kvenna		Egilshöll	Egilshöll	Dalhús			
7.fl.kvenna		Dalhús			Egilshöll		
8.fl.kvenna	Egilshöll		Egilshöll				

 Dalhús
 Egilshöll
 Fylkishöll

	Mán	Þri	Mið	Fim	Fös	Lau	Sun
Mfl.karla	Egilshöll	Dalhús	Egilshöll	Dalhús	Egilshöll	Egilshöll	
3.fl.karla	Egilshöll	Dalhús	Fylkishöll	Dalhús	Egilshöll		Egilshöll
4.fl.karla	Fylkishöll	Egilshöll	Egilshöll	Fylkishöll			Egilshöll
5.fl.karla	Egilshöll		Egilshöll		Egilshöll		
6.fl.karla		Dalhús		Egilshöll	Egilshöll		
7.fl.karla		Dalhús			Egilshöll		
8.fl.karla	Egilshöll		Egilshöll				

Mfl.kvenna	Egilshöll	Dalhús	Egilshöll	Dalhús	Egilshöll	Egilshöll	
3.fl.kvenna	Egilshöll		Egilshöll	Dalhús	Egilshöll	Egilshöll	
4.fl.kvenna	Egilshöll		Egilshöll		Fylkishöll	Egilshöll	
5.fl.kvenna		Egilshöll	Egilshöll	Dalhús			
6.fl.kvenna		Egilshöll	Egilshöll	Dalhús			
7.fl.kvenna		Dalhús			Egilshöll		
8.fl.kvenna	Egilshöll		Egilshöll				

 Dalhús
 Egilshöll
 Fylkishöll

EGILSHÖLL

Mán	Salur 1 14:30-15:20 8. fl kkv 15:45-17:00 9. fl kkv 17:00-18:30 M. fl kv 18:30-19:30 5. fl kk 19:30-21:00 3. fl kk 21:00-22:00 M. fl kv B	Mán 14:30-15:20 15:20-16:10 16:10-17:00 17:00-18:00 18:00-19:30 19:30-21:00	Salur 2 Tennis Tennis 4. fl kv 9. fl M. fl kk	Þri 14:30-15:30 15:30-16:30 16:30-17:30 17:30-19:00 19:00-20:30 20:30-22:00	Salur 1 Byrjendafí 7- mb11 kvk 9- 8flkk M. fl kk (k) M. fl kv (k) Drengja	Þri 14:30-15:20 15:20-16:10 16:10-17:10 17:10-18:00 18:00-19:30 19:30-21:00	Salur 2 5. fl kvk 6. fl kvk MB11kk 4. fl kk 9. fl	Mið 14:30-15:20 15:20-16:00 16:00-17:00 17:00-18:30 18:30-19:30 19:30-21:00 21:00-22:00	Salur 1 8. fl kkv Sund 5. fl kvk M. fl kk 5. fl kk M. fl kv M. fl kv B	Mið 14:30-15:20 15:20-16:10 16:10-17:00 17:00-18:00 18:00-19:30 19:30-21:00	Salur 2 8. fl kk Tennis Tennis 4. fl kk 9. fl kk 4. fl kv	Fim 14:30-15:50 15:50-16:40 16:40-17:30 17:30-19:00 19:00-20:30 20:30-22:00	Salur 1 Byrjendafí MB9-9kvk MB11 kk M. fl kv (k) M. fl kk (k) 10. fl ka	Fim 14:30-15:20 15:20-16:10 16:10-17:00 17:00-18:00 18:00-19:00 19:00-21:00	Salur 2 7. fl kvk 6. fl kvk MB11 kv Tennis 6. fl kk Unglinga	Fös 14:30-16:00 16:00-17:00 17:00-18:30 18:30-20:00 20:00-21:00	Salur 1 10. fl kv 6. fl kk 7. fl kk M. fl kv 3. fl kv	Fös 14:30-16:00 16:00-17:00 17:00-18:30 18:30-20:00 20:00-21:00	Salur 2 mb 11ára 6. fl kvk 5. fl kk M. fl kk 3. fl kk
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Lau	Salur 1 09:00-10:30 M. fl kk 10:30-12:00 M. fl kv 12:00-13:30 3+4. fl kv 13:30-15:00 Leikir 15:00-16:30 Leikir 16:30-18:00 Leikir	Lau 09:00-10:30 10:30-12:00 12:00-13:30 13:30-15:00 15:00-16:30 16:30-18:00	Salur 2 7. fl ka M. fl kk (k) Unglinga Leikir Leikir Leikir	Sun 09:00-10:30 10:30-12:00 12:00-13:30 13:30-15:00 15:00-16:30 16:30-18:00	Salur 1 Skotæfingar 3. fl kk 4. fl kk Leikir Leikir Leikir	Sun 09:00-10:30 10:30-12:00 12:00-13:30 13:30-15:00 15:00-16:30 16:30-18:00	Salur 2 8. 9kv 10. fl kv 10. fl kk Leikir Leikir Leikir
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EGILSHÖLL

Mán	Salur 1	Mán	Salur 2	Þri	Salur 1	Þri	Salur 2	Mið	Salur 1	Mið	Salur 2	Fim	Salur 1	Fim	Salur 2	Fös	Salur 1	Fös	Salur 2
14:30-15:20	8. fl. kvkv	14:30-15:20	Salur 2	14:30-15:30	Byrjendafli	14:30-15:20	Salur 2	14:30-15:20	8. fl. kvkv	14:30-15:20	8. fl. kv	14:30-15:50	Salur 1	14:30-15:20	Salur 2	14:30-16:00	Salur 1	Fös	Salur 2
15:45-17:00	9. fl. kvkv	15:20-16:10	Tennis	15:30-16:30	7. mb11 kvk	15:20-16:10	5. fl. kvkv	15:20-16:00	Sund	15:20-16:10	Tennis	15:50-16:40	Byrjendafli	15:20-16:10	7. fl. kvkv	16:00-17:00	10. fl. kv	16:00-17:00	mb.11 áva
17:00-18:30	M. fl. kv	16:10-17:00	Tennis	16:30-17:30	9. fl. kvkv	16:10-17:10	6. fl. kvkv	16:00-17:00	5. fl. kvkv	16:10-17:00	Tennis	16:40-17:30	MB8-9kvk	16:10-17:00	6. fl. kvkv	17:00-18:00	6. fl. kv	17:00-18:30	6. fl. kvkv
18:30-19:30	5. fl. kv	17:00-18:00	4. fl. kv	17:30-19:00	M. fl. kv (k)	17:10-18:00	MB11 kv	17:00-18:30	M. fl. kv	17:00-18:00	4. fl. kv	17:30-19:00	MB11 kv	17:00-18:00	MB11 kv	18:00-19:00	7. fl. kv	18:00-19:30	5. fl. kv
19:30-21:00	3. fl. kv	18:00-19:30	9. fl.	19:00-20:30	M. fl. kv (k)	18:00-19:30	4. fl. kv	18:30-19:30	5. fl. kv	18:00-19:30	9. fl. kv	19:00-20:30	M. fl. kv (k)	17:00-18:00	Tennis	18:00-19:30	M. fl. kv	18:30-20:00	M. fl. kv
21:00-22:00	M. fl. kv B	19:30-21:00	M. fl. kv	20:30-22:00	Drengja	19:30-21:00	9. fl.	19:30-21:00	M. fl. kv	19:30-21:00	4. fl. kv	20:30-22:00	10. fl. kv	18:00-19:00	6. fl. kv	19:30-20:30	3. fl. kv	20:00-21:00	3. fl. kv
								21:00-22:00	M. fl. kv B					19:00-21:00	Unglinga	20:30-22:00			

Lau	Salur 1	Lau	Salur 2	Sun	Salur 1	Sun	Salur 2
09:00-10:30	M. fl. kv	09:00-10:30	7. fl. kv	09:00-10:30	8. kv	09:00-10:30	8. kv
10:30-12:00	M. fl. kv	10:30-12:00	M. fl. kv (k)	10:30-12:00	10. fl. kv	10:30-12:00	10. fl. kv
12:00-13:30	3-4. fl. kv	12:00-13:30	Unglinga	12:00-13:30	10. fl. kv	12:00-13:30	10. fl. kv
13:30-15:00	Leikir	13:30-15:00	Leikir	13:30-15:00	Leikir	13:30-15:00	Leikir
15:00-16:30	Leikir	15:00-16:30	Leikir	15:00-16:30	Leikir	15:00-16:30	Leikir
16:30-18:00	Leikir	16:30-18:00	Leikir	16:30-18:00	Leikir	16:30-18:00	Leikir