

	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur
8:00-8:40	A	G		almenn-2	A
8:45-9:25					
9:45-10:25	B	H	B	H	bolta-2 ÍþRÓ1HO01-1
10:30-11:10					
11:20-12:00	H	almenn-3	spinning-1	X	G
12:00-12:40					
13:10-13:50	C	C	bolta-1	C	D
13:55-14:35					
14:45-15:25	almenn-4	D	E	tækjasalur-2	X
15:30-16:10					
16:20-17:00	tækjasalur-1			almenn-1	
17:05-17:45					