

Æfingatafla karatedeildar Aftureldingar 2018-2019

	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur
Byrjendur Yngri	17:30-18:15		17:30-18:15		
Byrjendur Eldri	18:15-19:00		18:15-19:00		
Byrjendur Fullorðinir	16:00-17:00 20:30-21:30 <i>Egilshöll</i>		16:00-17:00 20:30-21:30 <i>Egilshöll</i>		
Framhald Yngri		16:45-17:30		16:45-17:30	17:00-17:45
Framhald Eldri		17:30-18:30		17:30-18:30	17:30-18:30
Framhald Unglingar		18:40-19:40		18:40-19:40	18:45-20:00
Framhald Fullorðinir		19:40-21:00		19:40-21:00	18:45-20:00
Afrekshópur Yngri	18:30-19:30 <i>Egilshöll</i>		18:30-19:30 <i>Egilshöll</i>		17.00-18.00 <i>Egilshöll</i>
Afrekshópur Eldri	19:30-20:30 <i>Egilshöll</i>		19:30-20:30 <i>Egilshöll</i>		18.00-19.00 <i>Egilshöll</i>