

Tímatafla karatedeildar Aftureldingar tímabilið 2019-2010

	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 fullorðnir					
Framhald yngri		16:45 - 17:30		16:45 - 17:30	17:00 - 17:45
Framhald eldri		17:30 - 18:30		17:30 - 18:30	17:45 - 18:45
Framhald unglíngar		18:40 - 19:40		18:40 - 19:40	18:45 - 20:00
Framhald fullorðnir		19:40 - 21:00		19:40 - 21:00	18:45 - 20:00
Afrekshópur yngri	18:30 - 19:30		18:30 - 19:30		18:30 - 19:30
Afrekshópur eldri	19:30 - 20:30		19:30 - 20:30		19:30 - 20:30