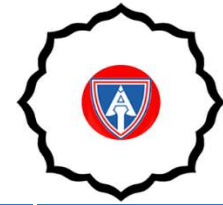




Judodeild Ármanns

Æfingatafla - Vor 2022



	MÁNUDAGUR	ÞRIÐJUDAGUR	MIÐVIKUDAGUR	FIMMTUDAGUR	FÖSTUDAGUR	LAUGARDAGUR	SUNNUDAGUR
Krílajudo						10:00-11:00	
Frjáls æfing*	12:00-13:00		12:00-13:00		12:00-13:00	11:00-13:00	10:00-12:00
1.-4. bekkur		17:15-18:30		17:15-18:30		11:00-12:15	
5.-10. bekkur		17:15-18:30		17:15-18:30		11:00-12:15	
16 ára og eldri, judo	18:30-19:30	18:30-20:00		18:30-20:00			
16 ára og eldri, bjj	18:30-20:00		18:30-20:00		18:30-20:00		
Kata	19:30-20:30						