

Stundaskrá ágúst-deseember 2023

Grafarvogslaug inni		Grafarvogslaug úti		Laugardalslaug	
Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur	Laugardagur
16:30-17:10 Sæhestar Grafarvogslaug	16:20-17:00	16:30-17:10 Skjaldbökur Grafarvogslaug	16:20-17:00	16:30-17:10 Sæhestar Grafarvogslaug	
17:15-17:50 Síli Grafarvogslaug	17:05-17:45	17:15-17:50 Síli Grafarvogslaug	17:05-17:45	17:15-17:50 Skjaldbökur Grafarvogslaug	
17:55-18:35 Selir Grafarvogslaug	17:50 - 18:30	17:50 - 18:30 Selir Grafarvogslaug	17:50 - 18:30	17:50 - 18:30	
15:30-16:30 C /D- hópur Grafarvogslaug	15:30 - 16:30 C /D- hópur Grafarvogslaug				
16:30-18:00 A/B - hópur Grafarvogslaug	16:30-18:00 A/B - hópur Grafarvogslaug				
		16:00-18:30 A/B-hópur Laugardalslaug	16:00-18:30 A/B/C-hópur Laugardalslaug	17:30-20:00 A/B-hópur Laugardalslaug	9:15-12:15 A/B-hópur Laugardalslaug