



SUNDLEIKFIMI Í ÁGÚST

MÁN

ÞRI

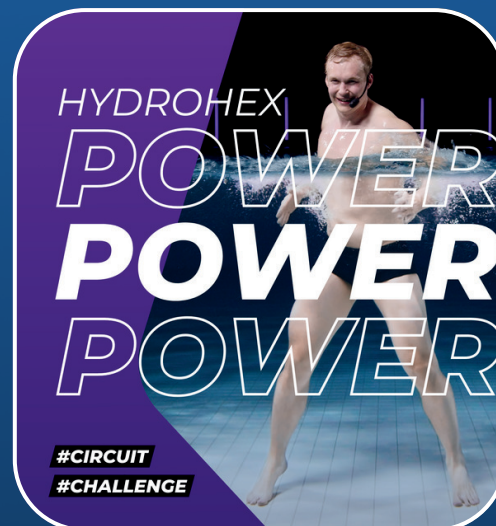
MID

FIM

FÖS

LAU

SUN



06:45

KRAFTUR
(POWER)

06:45

ÞOL
(CARDIO)

06:45

LIDLEIKI
(MOVE)

06:45

KRAFTUR
(POWER)

06:45

DANS
(BEAT)

09:15

LIDLEIKI
(MOVE)

08:00-13:00

Eftir þörfum
(On-demand)

07:35-14:00

Eftir þörfum
(On-demand)

07:35-14:00

Eftir þörfum
(On-demand)

07:35-16:00

Eftir þörfum
(On-demand)

07:35-14:00

Eftir þörfum
(On-demand)

07:35-14:00

Eftir þörfum
(On-demand)

08:00-09:00 &

10:06-13:00

Eftir þörfum

16:30

HIIT

