



SUNDHÖLL REYKJAVÍKUR



MÁN

ÞRI

MIÐ

FIM

FÖS

LAU

SUN



06:45-07:50
Þol + Liðleiki

14:00-16:30
19:50-21:30
Eftir þörfum

19:15-19:50
Kraftur



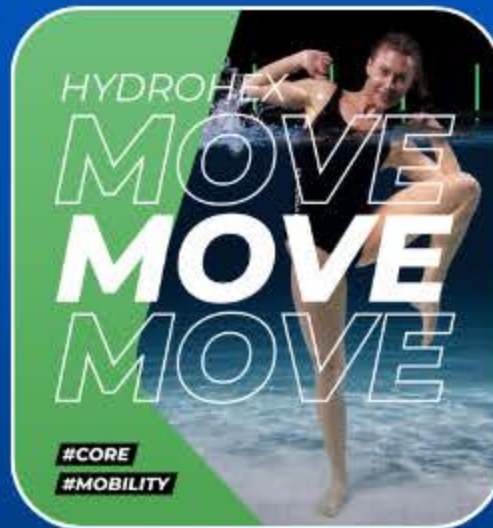
06:30-08:00
15:10-16:30
19:10-21:30
Eftir þörfum
(On-demand)



06:45-07:55
HIIT + Dans

15:00-17:00
18:15-21:30
Eftir þörfum

17:10-18:15
Þol + Kraftur



06:30-08:00
15:00-16:30
20:25-21:30
Eftir þörfum
(On-demand)

19:15-20:25
Liðleiki + Dans



06:30-08:00
15:00-16:30
19:10-21:30
Eftir þörfum
(On-demand)



08:00-09:50
12:00-20:30
Eftir þörfum



08:00-09:50
12:00-20:30
Eftir þörfum

