



Drög: 01.08.2020

## Sundfélagið Ægir - Æfingatímar veturinn 2020 - 2021

	MÁNUDUAGUR	ÞRIÐJUDAGUR	MIÐVIKUDAGUR	FIMMTUDAGUR	FÖSTUDAGUR	LAUGARDAGUR
<b>Elite/Gull</b>						
GSH	WorldClass	06:00 - 07:15 Laugardalslaug	WorldClass	06:00 - 07:15 Laugardalslaug	WorldClass	
GSH	16:00 - 16:30 Preksalur	16:00 - 16:30 Preksalur	18:00 - 18:30 Preksalur	18:00 - 18:30 Preksalur	17:30 - 18:00 Preksalur	10:15 - 11:00 Preksalur
GSH	16:30 - 18:30 Laugardalslaug	16:30 - 18:30 Laugardalslaug	18:30 - 20:30 Laugardalslaug	18:30 - 20:30 Laugardalslaug	18:00 - 20:00 Laugardalslaug	08:15 - 10:15 Laugardalslaug
<b>Silfur</b>						
Silfur GSH	16:00 - 16:30 Preksalur	16:00 - 16:30 Preksalur	18:00 - 18:30 Preksalur	18:00 - 18:30 Preksalur	Preksalur	10:15 - 11:00 Preksalur
Silfur GSH	16:30 - 18:30 Laugardalslaug	16:30 - 18:30 Laugardalslaug	18:30 - 20:30 Laugardalslaug	18:30 - 20:30 Laugardalslaug	16:00 - 18:00 Laugardalslaug	08:15 - 10:15 Laugardalslaug
Demantar	16:30 - 18:30 Laugardalslaug		18:30 - 20:30 Laugardalslaug		16:00 - 18:00 Laugardalslaug	08:15 - 10:15 Laugardalslaug
<b>Brons</b>						
Brons SMÓ	16:00 - 16:30 Preksalur			18:00 - 18:30 Preksalur		10:15 - 11:00 Preksalur
Brons SMÓ	16:30 - 18:00 Laugardalslaug	16:30 - 18:00 Laugardalslaug		18:30 - 20:00 Laugardalslaug	16:00 - 17:30 Laugardalslaug	08:15 - 09:45 Laugardalslaug
<b>Höfrungar</b>						
Höfrungar 1 ESG/GSH	15:30 - 16:30 Laugardalslaug	15:30 - 16:30 Laugardalslaug	15:30 - 16:30 Laugardalslaug	15:30 - 16:30 Laugardalslaug		
Höfrungar 2 (SMÓ)	18:00 - 19:00 Breiðholtslaug	18:00 - 19:00 Breiðholtslaug	17:00 - 18:00 Breiðholtslaug	17:00 - 18:00 Breiðholtslaug		
<b>Laxar</b>						
Laxar 1 ESG/GSH	15:30 - 16:30 Laugardalslaug	15:30 - 16:30 Laugardalslaug		15:30 - 16:30 Laugardalslaug		
Laxar 2 (SMÓ)	17:00 - 18:00 Breiðholtslaug	17:00 - 18:00 Breiðholtslaug		17:00 - 18:00 Breiðholtslaug		
<b>Bleikjur</b>						
Bleikjur 1 SGP	16:20 - 17:05 Breiðholt innilaug		16:20 - 17:05 Breiðholt innilaug			
Bleikjur 2 SGP	17:05 - 17:50 Breiðholt innilaug		17:05 - 17:50 Breiðholt innilaug			
Bleikjur 3 SGP	17:50 - 18:35 Breiðholt innilaug		17:50 - 18:35 Breiðholt innilaug			
<b>Gullfiskar</b>						
Gullfiskar 1 SGP/HFK		16:30 - 17:00 Breiðholt innilaug		16:30 - 17:00 Breiðholt innilaug		
Gullfiskar 2 SGP/HFK		17:05 - 17:35 Breiðholt innilaug		17:05 - 17:35 Breiðholt innilaug		
Gullfiskar 3 SGP/HFK		17:40 - 18:10 Breiðholt innilaug		17:40 - 18:10 Breiðholt innilaug		
Gullfiskar 4 SGP/HFK		18:15 - 18:45 Breiðholt innilaug		18:15 - 18:45 Breiðholt innilaug		
<b>Garpar</b>						
Garpar	19:30 - 20:30 Laugardalslaug		19:30 - 20:30 Laugardalslaug		19:30 - 20:30 Laugardalslaug	

## Þjálfarar:

GSH	Guðmundur Sveinn Hafþórsson	<a href="mailto:gummihaff@aegir.is">gummihaff@aegir.is</a>	770-4107
HFK	Hjördís Freyja Kjartansdóttir		
SMÓ	Styrmir Már Ómarsson	<a href="mailto:styrmir@gmail.com">styrmir@gmail.com</a>	696-8524
SGP	Símon Geir Þorsteinsson	<a href="mailto:simongeir@hotmail.com">simongeir@hotmail.com</a>	
ESG	Emilía Sól Guðmundsdóttir	<a href="mailto:loenborg02@gmail.com">loenborg02@gmail.com</a>	861-6263