

Íþróttahús Háskóla Íslands. Dagskrá - haustmisseri 2017

	Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur
07:00 - 08:00			Pilates / opinn tími***** 7:30 - 8:20		Pilates / opinn tími***** 7:30 - 8:20
08:00 - 09:00		Kundalini jóga / opinn tími***** 8:00 - 9:00		Kundalini jóga / opinn tími***** 8:00 - 9:00	
09:00 - 10:00					
10:00 - 11:00					
11:15 - 12:00				Bandí starfsfólk / konur 11:15 - 12:00	
11:20 - 12:10		Útipúl með Melkorku 11:20 - 12:10		Útipúl með Melkorku 11:20 - 12:10	
12:00 - 12:45	Íþróttir starfsfólk / konur*	Karfa / starfsfólk / karlar	Íþróttir starfsfólk / konur*	Karfa / starfsfólk / karlar	Íþróttir starfsfólk / konur*
12:10 - 13:00		Hlaupabjálfun með Melkorku / Arnari		Hlaupabjálfun með Melkorku / Arnari	
12:45 - 13:30	Íþróttir starfsfólk / karlar**		Íþróttir starfsfólk / karlar**		Íþróttir starfsfólk / karlar**
14:00 - 15:00					
15:00 - 16:00	Karfa / opinn tími		Karfa / opinn tími		Karfa / opinn tími
16:00 - 17:00	Jóga / opinn tími**** kl. 16 - 17	Ketilbjöllur / opinn tími***** 16 - 16:45	Þrek / opinn tími***	Ketilbjöllur / opinn tími***** 16 - 16:45	Þrek / opinn tími***
17:00 - 18:15	Íþróttir starfsfólk / karlar***	Jóga / opinn tími**** kl. 16:45 - 17:45	Íþróttir starfsfólk / karlar***	Jóga / opinn tími**** kl. 16:45 - 17:45	Íþróttir starfsfólk / karlar***

*Kennari: Guðbjörg Finnsdóttir

*Kennari: Guðbjörg Finnsdóttir

***Kennari: Guðmundur Ólafsson

****Kennari: María Ýr Valsdóttir

*****Kennari: Ása Eiríksdóttir

*****Kennarar: Guðrún Jóhanna

*****Kennari: Vala Ómarsdóttir

Guðmundsdóttir/Salvör Nordal

University Gym. Timetable - Fall semester 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
07:00 - 08:00			Pilates / open session***** 7:30 - 8:20		Pilates / open session***** 7:30 - 8:20
08:00 - 09:00		Kundalini yoga / open session***** 8:00 - 9:00		Kundalini yoga / open session***** 8:00 - 9:00	
09:00 - 10:00					
10:00 - 11:00					
11:15 - 12:00				Bandy Uni-staff / women 11:15 - 12:00	
11:20 - 12:10		Cardio and strenght outdoor training 11:20 - 12:10		Cardio and strenght outdoor training 11:20 - 12:10	
12:00 - 12:45	Gymnastics Uni-staff / women*	Basketball / Uni-staff / men	Gymnastics Uni-staff / women*	Basketball / Uni-staff / men	Gymnastics Uni-staff / women*
12:10 - 13:00		Jogging with Melkorka		Jogging with Melkorka	
12:45 - 13:30	Gymnastics Uni-staff / men**		Gymnastics Uni-staff / men**		Gymnastics Uni-staff / men**
14:00 - 15:00					
15:00 - 16:00	Basketball / open session		Basketball / open session		Basketball / open session
16:00 - 17:00	Yoga / open session***** 16 - 17	Kettlebells / open session*****16-16:45	Circular training / open session***	Kettlebells / open session*****16-16:45	Circular training / open session***
17:00 - 18:15	Uni-staff / men***	Yoga / open session***** 16:45 - 17:45	Uni-staff / men***	Yoga / open session***** 16:45 - 17:45	Uni-staff / men***