University Gym - Schedule Autumn 2025



Monday	Tuesday	Wednesday	Thursday	Friday
7:20 - 8:10 Pilates / open		7:20 - 8:10 Pilates / open		
session		session		
Instructor: Vala Ómarsdóttir		Instructor: Vala Ómarsdóttir		
	7:45 - 8:45 Yoga / relaxation		7:45 - 8:45 Yoga / relaxation	
	and meditation / open session		and meditation / open session	
	Instructor: Guðrún Jóhanna		Instructor: Guðrún Jóhanna	
	Guðmundsdóttir (salur uppi)		Guðmundsdóttir (salur uppi)	
	Cacinaliasactii (salai appi)		Caomanasactin (saiai appi)	
12:00 - 12:45 Sports for staff	12:00 - 12:45 Basketball for	12:00 - 12:45 Sports for staff	12:00 - 12:45 Basketball for	12:00 - 12:45 Sports for staff
/ women	staff / men	/ women	staff / men	/ women
Instructor: Guðbjörg Finnsdóttir		Instructor: Guðbjörg Finnsdóttir		Instructor: Guðbjörg Finnsdóttir
12:45 - 13:30 Sports for staff		12:45 - 13:30 Sports for staff		12:45 - 13:30 Sports for staff
/ men		/ men		/ men
Instructor: Guðbjörg Finnsdóttir		Instructor: Guðbjörg Finnsdóttir		Instructor: Guðbjörg Finnsdóttir
15:00 - 16:00 Basketball /		15:00 - 16:00 Basketball /		15:00 - 16:00 Basketball /
open session		open session		open session
16:00 - 17:00 Yoga / open	16:00 - 16:45 Kettlebells	16:00 - 17:00 Fitness / open	16:00 - 16:45 Kettlebells	16:00 - 17:00 Fitness / open
session	/open session	session	/open session	session
Instructor: María Ýr Valsdóttir	Instructor: Ása Eiríksdóttir	17:00 10:15 Charte for staff	Instructor: Ása Eiríksdóttir	17:00 10:15 Charte for staff
17:00 - 18:15 Sports for staff / men	16:00 - 17:00 Yoga / open session	17:00 - 18:15 Sports for staff / men	16:00 - 17:00 Yoga / open session	17:00 - 18:15 Sports for staff / men
/ IIIeii	36331011	/ IIIeii	36331011	, men
	Instructor: María Ýr Valsdóttir		Instructor: María Ýr Valsdóttir	