

University Gym - Schedule Autumn 2025



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