

Íþróttahús Háskóla Íslands - Dagskrá



Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur
	7:45 - 8:45 --- Opinn tími, Jóga, slökun og hugleiðsla Kennari: Guðrún Jóhanna Guðmundsdóttir (salur uppi)		7:45 - 8:45 --- Opinn tími, Jóga, mjúkt jóga og jóga nidra Kennari: Guðrún Jóhanna Guðmundsdóttir (salur uppi)	

12:00 - 12:45 --- Opinn tími starfsfólk, Íþróttir konur Kennari: Guðbjörg Finnsdóttir	12:00 - 12:45 --- Opinn tími starfsfólk, Karfa karlar Án kennara	12:00 - 12:45 --- Opinn tími starfsfólk, Íþróttir konur Kennari: Guðbjörg Finnsdóttir	12:00 - 12:45 --- Opinn tími starfsfólk, Karfa karlar Án kennara	12:00 - 12:45 --- Opinn tími starfsfólk, Íþróttir konur Kennari: Guðbjörg Finnsdóttir
12:45 - 13:30 --- Opinn tími starfsfólk, Íþróttir karlar Kennari: Guðbjörg Finnsdóttir		12:45 - 13:30 --- Opinn tími starfsfólk, Íþróttir karlar Kennari: Guðbjörg Finnsdóttir		12:45 - 13:30 --- Opinn tími starfsfólk, Íþróttir karlar Kennari: Guðbjörg Finnsdóttir
15:00 - 16:00 --- Opinn tími, Karfa Án kennara		15:00 - 16:00 --- Opinn tími, Karfa Án kennara		15:00 - 16:00 --- Opinn tími, Karfa Án kennara
16:00 - 17:00 --- Opinn tími, Jóga Kennari: María Ýr Valsdóttir	16:00 - 17:00 --- Opinn tími, Jóga Kennari: María Ýr Valsdóttir	16:00 - 17:00 --- Opinn tími, Þrek Án kennara	16:00 - 17:00 --- Opinn tími, Jóga Kennari: María Ýr Valsdóttir	16:00 - 17:00 --- Opinn tími, Þrek Án kennara
17:00 - 18:15 --- Opinn tími starfsfólk, Íþróttir karlar Án kennara	17:00 - 17:45 --- Opinn tími, Ketilbjöllur Kennari: Guðný Tómasdóttir	17:00 - 18:15 --- Opinn tími starfsfólk, Íþróttir karlar Án kennara	17:00 - 17:45 --- Opinn tími, Ketilbjöllur Kennari: Guðný Tómasdóttir	17:00 - 18:15 --- Opinn tími starfsfólk, Íþróttir karlar Án kennara

University Gym - Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
	7:45 - 8:45 --- Open session, Yoga, relaxation, meditation Instructor: Guðrún Jóhanna Guðmundsdóttir (upstairs)		7:45 - 8:45 --- Open session, Yoga, soft yoga and yoga nidra Instructor: Guðrún Jóhanna Guðmundsdóttir (upstairs)	
12:00 - 12:45 --- Open to staff, Sports for women Instructor: Guðbjörg Finnsdóttir	12:00 - 12:45 --- Open to staff, Basketball for men No instructor	12:00 - 12:45 --- Open to staff, Sports for women Instructor: Guðbjörg Finnsdóttir	12:00 - 12:45 --- Open to staff, Basketball for men No instructor	12:00 - 12:45 --- Open to staff, Sports for women Instructor: Guðbjörg Finnsdóttir
12:45 - 13:30 --- Open to staff, Sports for men Instructor: Guðbjörg Finnsdóttir		12:45 - 13:30 --- Open to staff, Sports for men Instructor: Guðbjörg Finnsdóttir		12:45 - 13:30 --- Open to staff, Sports for men Instructor: Guðbjörg Finnsdóttir
15:00 - 16:00 --- Open session, Basketball No instructor		15:00 - 16:00 --- Open session, Basketball No instructor		15:00 - 16:00 --- Open session, Basketball No instructor
16:00 - 17:00 --- Open session, Yoga Instructor: María Ýr Valsdóttir	16:00 - 17:00 --- Open session, Yoga Instructor: María Ýr Valsdóttir	16:00 - 17:00 --- Open session, Fitness No instructor	16:00 - 17:00 --- Open session, Yoga Instructor: María Ýr Valsdóttir	16:00 - 17:00 --- Open session, Fitness No instructor
17:00 - 18:15 --- Open to staff, Sports for men No instructor	17:00 - 17:45 --- Open session, Kettlebells Instructor: Guðný Tómasdóttir	17:00 - 18:15 --- Open to staff, Sports for men No instructor	17:00 - 17:45 --- Open session, Kettlebells Instructor: Guðný Tómasdóttir	17:00 - 18:15 --- Open to staff, Sports for men No instructor