

## Íþróttahús Háskóla Íslands. Vormisseri 2022

Mánudagur	Þriðjudagur	Miðvikudagur	Fimmtudagur	Föstudagur
Pilates / opinn tími***** 7:20 - 8:10		Pilates / opinn tími***** 7:20 - 8:10		
	Kundalini og jógaflæði / opinn tími***** 8:00 - 9:00		Jógaflæði og nidra / opinn tími***** 8:00 - 9:00	
Íþróttir starfsfólk / konur* 12:00 - 12:45	Karfa / starfsfólk / karlar 12:00 - 12:45	Íþróttir starfsfólk / konur* 12:00 - 12:45	Karfa / starfsfólk / karlar 12:00 - 12:45	Íþróttir starfsfólk / konur* 12:00 - 12:45
Hlaupaþjálfun með Birki 11:30 - 12:30		Hlaupaþjálfun með Birki 11:30 - 12:30		
Íþróttir starfsfólk / karlar* 12:45 - 13:30		Íþróttir starfsfólk / karlar* 12:45 - 13:30		Íþróttir starfsfólk / karlar* 12:45 - 13:30
Karfa / opinn tími 15:00 - 16:00		Karfa / opinn tími 15:00 - 16:00		Karfa / opinn tími 15:00 - 16:00
Jóga / opinn tími*** kl. 16:00 - 17:00	Ketilbjöllur / opinn tími**** 16:00 - 16:45	Þrek / opinn tími** 16:00 - 17:00	Ketilbjöllur / opinn tími**** 16:00 - 16:45	Þrek / opinn tími** 16:00 - 17:00
Íþróttir starfsfólk / karlar** 17:00 - 18:15	Jóga / opinn tími*** kl. 16:45 - 17:45	Íþróttir starfsfólk / karlar** 17:00 - 18:15	Jóga / opinn tími*** kl. 16:45 - 17:45	Íþróttir starfsfólk / karlar** 17:00 - 18:15

\*Kennari: Guðbjörg Finnsdóttir

\*\*Kennari: Guðmundur Ólafsson

\*\*\*Kennari: María Ýr Valsdóttir

\*\*\*\*Kennari: Ása Eiríksdóttir

\*\*\*\*\*Kennari: Vala Ómarsdóttir

\*\*\*\*\*Kennari: Guðrún Jóhanna Guðmundsdóttir

## University Gym. Timetable: Spring 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates / open session***** 7:20 - 8:10		Pilates / open session***** 7:20 - 8:10		
	Kundalini yogaflow / open session***** 8:00 - 9:00		Yogaflow Nidra / open session***** 8:00 - 9:00	
Gymnastics Uni-staff / women* 12:00 - 12:45	Basketball / Uni-staff / men 12:00 - 12:45	Gymnastics Uni-staff / women* 12:00 - 12:45	Basketball / Uni-staff / men 12:00 - 12:45	Gymnastics Uni-staff / women* 12:00 - 12:45
Jogging with Birkir 11:30 - 12:30		Jogging with Birkir 11:30 - 12:30		
Gymnastics Uni-staff / men* 12:45 - 13:30		Gymnastics Uni-staff / men* 12:45 - 13:30		Gymnastics Uni-staff / men* 12:45 - 13:30
Basketball / open session 15:00 - 16:00		Basketball / open session 15:00 - 16:00		Basketball / open session 15:00 - 16:00
Yoga / open session** 16:00 - 17:00	Kettlebells / open session****16-16:45	Circular training / open session**16:00 - 17:00	Kettlebells / open session****16-16:45	Circular training / open session**16:00 - 17:00
Uni-staff / men** 17:00 - 18:15	Yoga / open session*** 16:45 - 17:45	Uni-staff / men** 17:00 - 18:15	Yoga / open session*** 16:45 - 17:45	Uni-staff / men** 17:00 - 18:15