

Tímatafla LSA 2016-2017

| Mánudagur | Hópar | Þriðjudagur | Hópar | Miðvikudagur | Hópar | Fimmtudagur | Hópar | Föstudagur | Hópar | Laugardagur | Hópar | Sunnudagur | Hópar |
|------------------|-------------|--------------------|-------|--------------------------|-------|---------------|-------|------------------------|-------|-------------------------|-------|--------------------------|-------|
| | | warm up 06.00 - | | warm up 06.00 - | | | | warm up 06.00 - | | | | warm up 7.20 - 7.45 | 2A |
| | | 06.30-07.30 | 1 | 6.30 - 7.30 | 2A | | | Ice: 06.30-07.30 | 1 | | | Ice: 08-09 | 2A |
| | | | | warm up 14.00 - 14.45 | 2B+3B | | | warm up | | warm up 10.10 -10.50 | 1 | warm up 7.45 - 8.30 | 2B |
| warm up before | | | | Ice: 15-15.45 | 2B+3B | | | 15.15 - 15.55 | 2A+3A | Ice: 11.05-12.05 | 1 | Ice:08.45-09.40 | 2B |
| 14.10 - 15.20 | Blár/blue | | | warm up 14.45-15.30 | 2A+3A | | | Ice:16.10-17.10 | 2A+3A | Ice: 12.25-12.50 | 1 | warm up 8.35 - 9.20 | 1 |
| 15.00 - 16.20 | Rauður/red | | | Ice: 15.40-16.30 | 2A+3A | | | warm up 15.40-16.25 | 2B+3B | warm up 11.05 -11.50 | 2B | Ice:09.30-10.55 | 1 |
| 15.50 - 17.10 | Grænn/green | | | Heflun | | | | Ice:16.55-17.40 | 2B+3B | Ice: 12.05-12.50 | 2B | warm up 15.15-15.55 | 2B+3B |
| warm up | 3B | | | warm up 15.45 - 16.30 | 1 | | | | | | | Ice:16.10-17.00 | 2B+3B |
| Ice: 15.30-16.10 | 3B | | | Ice:16.40-17.25 | 1 | | | | | | | | |
| 16.30 - 17.10 | 4 | | | 17.25-18.05 | 4 | Laugargata | | Off ice rink | | Off Ice Rink | | warm up 16.00 -16.45 | 2A+3A |
| Off ice rink | | Laugargata | | Heflun | | 15.00 - 16.30 | 2+3 | 17.45-18.30 | | 13.00-14.00 | 1 | Ice:17.00-17.50 | 2A+3A |
| 17.15-18.30 | 1 | 15-16.30 | 2AB | warm up 17.30-18.15 | 2A | | | Heflun | | | | Heflun | |
| 17.20-18.00 | 4 | 16.30 - 18.00 | 1 | Ice: 18.30-19.35 | 2A | | | warm up 17.00-17.40 | 1 | | | warm up 17.00 - 17.45 | 1 |
| | | | | warm up 18.25 - 19.10 | 1 | | | Ice 17.50- 18.50 | 1 | | | Ice:18.00-18.50 | 1 |
| | | | | Ice:19.35-20.50 | 1 | | | | | | | | |

Teygja vel á, eftir allar æfingarnar

On ice warm up 45 min

Blue Kolfinna Telma
Green Gugga Emíla
red Eva Björg Ísold

Magda Indíana Ásdís Aldís Kara Rebekka Bríet
Marta Kristbjörg S. Edda Júlía
Freydís Katrín Eva María Aldís Lilja Hugrún Anna Sædís