

Æfingatafla Listhlaupadeildar haustönn 2017

Mánudagur

12:00 – 12:45 Private Lessons*
12:00 – 14:00 Private Choreography Lessons*
13:50 – 14:00 Heflun
14:00 – 14:45 Diamond
14:45 – 15:30 Young Talent, Golden
15:40 – 16:25 OFF-ICE Core Young Talent, Golden, Diamond (Soldis)
15:50 – 16:20 OFF-ICE Jumps Elite (George)
16:20 – 16:30 Heflun
16:30 – 17:15 Elite
16:30 – 17:00 Warm-Up Snowflakes, Starters, Adult/Recreant
17:15 – 18:00 Young Talent, Snowflakes, Starters, Adult/Recreant
18:15 – 19:00 OFF-ICE Core Elite (Soldis)
18:15 – 18:45 OFF-ICE Snowflakes, Starters

Priðjudagur

6:00 – 06:30 Heflun
6:00 – 06:20 Warm-up Elite (George)
06:30 – 07:25 Elite+Aldís Lilja
12:00 – 12:45 Private Lessons*
12:00 – 14:00 Private Choreography Lessons*
13:05 – 13:50 OFF-ICE Jumps Diamond, Golden (George)
13:50 – 14:00 Heflun
14:00 – 14:40 Golden
14:40 – 15:20 Diamond
15:20 – 15:30 Heflun
15:30 – 16:10 Elite
16:15 – 17:00 OFF-ICE Jumps/Run Elite (George)

Miðvikudagur

12:00 – 12:45 Private Lessons*
12:00 – 14:00 Private Choreography Lessons*
13:50 – 14:00 Heflun
14:00 – 14:45 Golden+Berglind+Indíana
14:45 – 15:30 Diamond+Magdalena
15:40 – 16:25 OFF-ICE Balance Diamond, Golden (Soldis)
15:30 – 15:45 BREAK
15:45 – 16:30 Berglind, Indíana, Magdalena, Sædís, Sigurlaug
15:40 – 16:25 OFF-ICE Power Elite+Freydís (Soldis)
16:30 – 16:40 Heflun
16:40 – 17:25 Elite
16:40 – 17:10 Warm-Up Snowflakes, Starters, Adult/Recreant+Sigurlaug
17:25 – 18:05 Snowflakes, Starters, Adult/RecreantAdult/Recreant+Sædís+Sigurlaug
18:05 – 18:15 Heflun
18:15 – 19:00 Elite+Freydís

Fimmtudagur

Frí hjá öllum iðkendum

Föstudagur

6:00 – 06:30 Heflun

6:00 – 06:20 Warm-up Golden+Aldís Lilja (George)

06:30 – 07:25 Golden+Aldís Lilja+Birgitta

12:00 – 13:00 Private or Private Choreography Lessons*

15:15 – 16:00 OFF-ICE/Core Diamond, Young Talent (George)

16:00 – 16:10 Heflun

16:10 – 16:55 Diamond, Young Talent

16:55 – 17:05 Heflun

16:00 – 16:45 OFF-ICE Explosive strength Elite (Soldis)

17:05 – 18:00 Elite

18:00 – 18:05 BREAK

18:05 – 18:50 Diamond, Golden, Adult/Recreant

Laugardagur

Jumps Elite, Young Talent (George)

10:55 – 11:05 Heflun

11:05 – 11:55 Elite

12:05 – 12:50 Power Elite (Soldis)

11:55 – 12:05 BREAK

12:05 – 12:50 Diamond, Golden, Young Talent, Adult/Recreant

13:00 – 13:45 Explosive strength Golden, Young Talent, Adult/Recreant (Soldis)

Sunnudagur

07:20 – 07:50 Warm-up Diamond (George)

08:00 – 08:45 Diamond

08:45 – 09:30 Golden+Aldís Lilja+Hugrún

09:30 – 10:15 Young Talent

9:30 – 10:00 Warm-Up Snowflakes, Adult/Recreant

10:15 – 10:55 Snowflakes, Adult/Recreant

16:00 – 16:10 Heflun

15:30 – 16:00 OFF-ICE Jumps Elite (George)

16:10 – 16:55 Elite

16:55 – 17:05 BREAK

17:05 – 17:50 Elite

18:00 – 18:30 OFF-ICE Jumps/Run Elite (George)