

Water gymnastics

Winter 2020-2021



Árbæjarlaug

Tuesdays 08:30 inside
Tuesdays 09:30 outside
Thursdays 08:30 inside
Fridays 14:50 outside



Breiðholtslaug

Mondays 09:50 outside
Wednesdays 09:50 outside



Grafarvogslaug

Tuesdays 14:00 inside
Thursdays 14:00 inside



Laugardalslaug

Mondays 08:55 outside
Tuesdays 09:50 outside
Wednesdays 08:55 outside
Thursdays 09:50 outside



Sundhöll

Mondays 08:00 inside
Tuesdays 08:00 inside
Wednesdays 08:00 inside
Thursdays 08:00 inside



Vesturbæjarlaug

Tuesdays 10:45 outside
Thursdays 10:45 outside

Free gymnastics in a gymnasium:

Víkingsheimilið: Mondays and Wednesdays 10:45

Address: Traðarland 1, 108 Reykjavík (Knattspyrnufélagið Víkingur)

Ármannsheimilið: Tuesdays and Thursdays 11:00

Address: Engjavegur 7, 104 Reykjavík (Glímufélagið Ármann)

ÍR heimilið: Mondays and Thursdays 10:00

Address: Skógarsel 12, 109 Reykjavík (Íþróttafélag Reykjavíkur)

Coaches in water gymnastics and Víkingsheimilið: Brynjólfur Björnsson s:699-2998 (brynjolfurb@gmail.com) and Sandra Rán Garðarsdóttir (sandraran@gmail.com)

