



Tímatafla World Class - Kringlan 2020



KL.	Mánudagar	Þriðjudagar	Miðvikudagar	Fimmtudagar	Föstudagar	KL:	Laugardagar
06:00	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	08:00	WorldFit (L)
07:00	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	09:00	WorldFit (L)
07:10	Styrkur (50) Oddný		Styrkur (50) Oddný	Tækjakennsla (45) Hollý	Styrkur (50) Oddný	10:00	WorldFit (L)
08:30	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	11:00	WorldFit (L)
09:30	Mömmutímar (60) (L) Guðrún Lovísa			Mömmutímar (60) (L) Guðrún Lovísa		12:00	WorldFit (L)
11:30	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	09:30	Mömmutímar (60) (L) Guðrún Lovísa
12:00	Functional (60) (L) Mark	Ólympískar (60) (L) Mark	Functional (60) (L) Mark	Ólympískar (60) (L) Mark	Functional (60) (L) Mark	10:30	Meðgöngu (60) (L) Guðrún Lovísa
12:00	Tabata (45) Oddný	Tabata (45) Kolbrún Eva	Tabata (45) Oddný	Tabata (45) Kolbrún Eva	Tabata (45) Oddný		SALUR 1
12:15	Tækjakennsla (45) Hollý						SALUR 2
12:30	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)		Salur 3
16:30		Meðgöngu (60) (L) Guðrún Lovísa					TÆKJASALUR
17:15	Zumba (60) Sigrún Kjartans		Zumba (60) Sigrún Kjartans		Zumba (60) Sigrún Kjartans		
16:30	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)		
17:30	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)		
17:30		Jallabina (60) Friðrik/Anna		Jallabina (60) Friðrik/Anna			
18:30	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)	WorldFit (L)		
18:30			DWC (90) (L)	*tímatafla getur breyst án fyrirvara			