

AMÍ Adaptation Timetable

Block	Week Type	Dates	Attendance		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Block 10	N	4.5.2015 - 10.5.2015	Normal	AM	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30 6:30 - 7:30 (Showcase)	Off	Rest
				PM	Land Gym 6:00 - 8:00	5:00 - 7:00	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Showcase	Landsbankamót	Landsbankamót Lokahólf
	A	11.5.2015 - 17.5.2015	(+2)	AM	Off	5:30 - 7:30	5:30 - 7:30	9:00 - 11:00	5:30 - 7:30	9:00 - 11:00 Land Gym	Rest
				PM	Land Gym 6:00 - 8:00	5:00 - 7:00	Land Yoga Úrvals Gym 6:00 - 8:00	3:00 - 5:00	Úrvals Gym 3:15 - 5:15	3:00 - 5:00	Rest
Block 11	A	18.5.2015 - 24.5.2015	(+3)	AM	5:30 - 7:30	5:30 - 7:30	6:30 - 7:30	5:30 - 7:30	5:30 - 7:30	9:00 - 11:00 Land Gym	Rest
				PM	Land Gym 6:00 - 8:00	5:00 - 7:00	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Úrvals Gym 3:15 - 5:15	3:00 - 5:00	Rest
	A	25.5.2015 - 31.5.2015	(+2)	AM	9:00 - 11:00	5:30 - 7:30	6:30 - 7:30	5:30 - 7:30	5:30 - 7:30	9:00 - 11:00 Land Gym	Rest
				PM	3:00 - 5:00	5:00 - 7:00	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Úrvals Gym 3:15 - 5:15	Off	Rest
	A	1.6.2015 - 7.6.2015	(+1) (SNG Reduced Session Time)	AM	5:30 - 7:30	5:30 - 7:30	6:30 - 7:30	5:30 - 7:30	5:30 - 7:30	9:00 - 11:00 Land Gym	Rest
				PM	Land Gym 6:00 - 8:00	5:00 - 7:00	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Úrvals Gym 3:15 - 5:15	Off	Rest
T	8.6.2015 - 14.6.2015	(+2)	AM	5:30 - 7:30	5:30 - 7:30	6:30 - 7:30	5:30 - 7:30	5:30 - 7:30	9:00 - 11:00 Land Gym	Rest	
			PM	Vórmót	5:00 - 7:00	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Úrvals Gym 3:15 - 5:15	3:00 - 5:00	Rest	
Block 12	T	15.6.2015 - 21.6.2015	(+1)	AM	5:45 - 7:30	5:45 - 7:30	Off	5:45 - 7:30	5:45 - 7:30	9:15 - 11:00 Land Gym	Rest
				PM	Land Gym 6:00 - 7:45	5:00 - 6:45	Off	Land Gym 5:00 - 6:45	Úrvals Gym 3:15 - 5:00	3:00 - 4:45	Rest
	T	22.6.2015 - 28.6.2015	All	AM	6:00 - 7:30	6:15 - 7:30	7:00 - 8:00	AMÍ	AMÍ	AMÍ	AMÍ
PM				Land Gym 6:00 - 7:30	5:00 - 6:30 Racing Suit	Akureyri 6:00 - 7:00	AMÍ	AMÍ	AMÍ	AMÍ Lokahólf	