

# Christmas and Euro Meet Adaptation Timetable

Block	Week Type	Dates	Attendance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Block 5</b>	<b>A</b>	<b>16.12.2013 - 22.12.2013</b>	<b>(+3)</b>	<b>AM</b>	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	8:00 - 10:00 Land Gym	Rest	
				<b>PM</b>	Land Gym 6:00 - 8:00	4:45 - 6:45	Land Yoga Úrvals Gym 6:00 - 8:00 Extra Lands	Land Gym 5:00 - 7:00	Úrvals Gym 3:30 - 5:30	3:00 - 5:00	Rest
<b>Block 6</b>	<b>V</b>	<b>23.12.2013 - 29.12.2013</b>	<b>All</b>	<b>AM</b>	Vactation	Vactation	Vactation	8:00 - 10:30 Pool Closed	8:00 - 10:30	8:00 - 10:30	Rest
				<b>PM</b>	Vacation	Vacation	Vacation	2:00 - 4:30 Pool Closed	2:00 - 4:30	2:00 - 4:30	Rest
	<b>V</b>	<b>30.12.2013 - 5.1.2014</b>	<b>All</b>	<b>AM</b>	Vactation	Vactation	Vactation	8:00 - 10:30	8:00 - 10:30	8:00 - 10:30	Rest
				<b>PM</b>	Vacation	Vacation	Vacation	2:00 - 4:30	2:00 - 4:30	2:00 - 4:30	Rest
	<b>A</b>	<b>6.1.2014 - 12.1.2014</b>	<b>(+3)</b>	<b>AM</b>	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	8:00 - 10:00 Land Gym	Rest
				<b>PM</b>	Land Gym 6:00 - 8:00	4:45 - 6:45	Land Yoga Úrvals Gym 6:00 - 8:00 Extra Lands	Land Gym 5:00 - 7:00	Úrvals Gym 3:30 - 5:30	3:00 - 5:00	Rest
	<b>A</b>	<b>13.1.2014 - 19.1.2014</b>	<b>All</b>	<b>AM</b>	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	6:30 - 7:30	R.I.G	R.I.G
				<b>PM</b>	Land Gym 6:00 - 8:00	4:45 - 6:45	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	R.I.G	R.I.G	R.I.G
<b>Block 7</b>	<b>T</b>	<b>20.1.2014 - 26.1.2014</b>	<b>(+3)</b>	<b>AM</b>	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	8:00 - 10:00 Land Gym	Rest
				<b>PM</b>	Land Gym 6:00 - 8:00	4:45 - 6:45	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Úrvals Gym 3:30 - 5:30	3:00 - 5:00	Rest
	<b>T</b>	<b>27.1.2014 - 2.2.2014</b>	<b>(+1)</b>	<b>AM</b>	5:45 - 7:30	5:45 - 7:30	5:45 - 7:30	5:45 - 7:30	5:45 - 7:30	8:15 - 10:00 Land Gym	Rest
				<b>PM</b>	Land Gym 6:00 - 7:45	4:45 - 6:30	Land Yoga Úrvals Gym 6:00 - 7:45	Land Gym 5:00 - 6:45	Úrvals Gym 3:30 - 5:15	Rest	Rest
	<b>T</b>	<b>3.2.2014 - 9.2.2014</b>	<b>All</b>	<b>AM</b>	6:00 - 7:30	6:00 - 7:30	6:00 - 7:30	Travel	Euro Meet	Euro Meet	Euro Meet
				<b>PM</b>	Land Gym 6:00 - 7:30	4:45 - 6:15	Land Yoga Úrvals Gym 6:00 - 7:30 Racing Suit	Travel	Euro Meet	Euro Meet	Euro Meet
	<b>N</b>	<b>10.2.2014 - 16.2.2014</b>	<b>Normal</b>	<b>AM</b>	Travel	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	Langsundsmót	Rest
				<b>PM</b>	Travel	4:45 - 6:45	Land Yoga Úrvals Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Úrvals Gym 3:30 - 5:30	Rest	Rest