

# Christmas and Euro Meet Adaptation Timetable

Block	Week Type	Dates	Attendance		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Block 5	N / A	1.12.2014 - 7.12.2014	NMU (+1)	AM	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	6:30 - 7:30	Aðventumót	Aðventumót	
				PM	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	Aðventumót	Aðventumót	Aðventumót	
	N / A	8.12.2014 - 14.12.2014	NMU (All 1.5 hours)	AM	5:30 - 7:30	Swim Land Úrvals 6:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	8:00 - 10:00 Land Gym	Rest	
				PM	Land Gym 6:00 - 8:00	Jólamót 4:45 - 7:45	Land Yoga Úrvals Gym 6:00 - 7:00 NMU Only	Land Gym 5:00 - 7:00	Swim Land Úrvals 3:30 - 5:30	Rest	Rest	
	A	15.12.2014 - 21.12.2014	(+2)	AM	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	
				PM	Land Gym 6:00 - 8:00	4:45 - 6:45	6:00 - 8:00 Metamót	Úrvals Gym 5:00 - 7:00	Swim Land Úrvals 3:30 - 5:30	Rest	Rest	
	V	22.12.2014 - 28.12.2014	All (Sessions = 1.25 / 6 = 7.5)	AM	8:00 - 10:30	8:00 - 10:30	Vacation	Vacation	Vacation	8:00 - 10:30	Vacation	
				PM	2:00 - 4:30	2:00 - 4:30	Vacation	Vacation	Vacation	2:00 - 4:30	Vacation	
	Block 6	V	29.12.2014 - 4.1.2015	All (Sessions = 1.25 / 8 = 10)	AM	8:00 - 10:30	8:00 - 10:30	Vacation	Vacation	8:00 - 10:30	8:00 - 10:30	Rest
					PM	2:00 - 4:30	2:00 - 4:30	Vacation	Vacation	2:00 - 4:30	2:00 - 4:30	Rest
		A	5.1.2015 - 11.1.2015	(+2)	AM	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
					PM	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	Rest	Rest
A		12.1.2015 - 18.1.2015	(+2)	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 R.I.G)	8:00 - 10:00 Land Gym (R.I.G)	Rest (R.I.G)	
				PM	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 (R.I.G)	Rest (R.I.G)	Rest (R.I.G)	
T		19.1.2015 - 25.1.2015	(+1)	AM	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	
				PM	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	
Block 7		T	26.1.2015 - 1.2.2015	All	AM	6:00 - 7:30	6:00 - 7:30	6:00 - 7:30	Travel	Euro Meet	Euro Meet	Euro Meet
					PM	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
		N	2.2.2015 - 8.2.2015	Normal	AM	Travel	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	Langsundsmót	Rest
					PM	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	4:00 - 6:00	Rest
	N	9.2.2015 - 15.2.2015	Normal	AM	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	
				PM	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	Rest	Rest	
	N	16.2.2015 - 22.2.2015	Normal	AM	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	
				PM	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	Rest	Rest	