

| Flokkar | Mánudagur | Þriðjudagur | Miðvikudagur | Fimmtudagur | Föstudagur | Laugardagur | Sunnudagur | Þjálfarar |
|-----------------------|-------------|---------------------------|--------------|---------------------------|-------------|-------------|----------------------------|-------------------------|
| 6. flokkur (KK/KVK) | 15:00-16:00 | | | 15:00-16:00 | 15:00-16:00 | | | Hannes Ingi Geirsson |
| 5. flokkur (KK/KVK) | 15:00-16:00 | | | 15:00-16:00 | 15:00-16:00 | | | Hannes Ingi Geirsson |
| 4. flokkur KK | 15:00-16:00 | | | 15:00-16:00 | 15:00-16:00 | 09:00-10:00 | | Hannes Ingi Geirsson |
| 4. flokkur KVK | 15:00-16:00 | | | 15:00-16:00 | 15:00-16:00 | 09:00-10:00 | | Hannes Ingi Geirsson |
| 3. flokkur KK | 16:00-17:00 | | | 16:00-17:00 | 16:00-17:30 | 10:00-11:30 | | Rosilyn Cummings |
| 3. flokkur KVK | 16:00-17:00 | | | 16:00-17:00 | 16:00-17:30 | 10:00-11:30 | | Rosilyn Cummings |
| 2. flokkur (KK/KVK) | Æfa með MFL | | | | | | | |
| MFL KK | 21:00-22:30 | | 19:30-22:00 | 19:45-21:00 | 17:30-19:30 | 13:30-15:30 | | Rosilyn Cummings |
| MFL KVK | 19:30-21:00 | 19:45-21:15 | | 18:30-19:45 | 19:30-21:30 | 11:30-13:30 | | Michael Pelletier |
| Öldungur KK | | 18:30-19:45 | | 20:15-22:00 (Álftanes) | | | | Zdravko Velikov Demirev |
| Öldungur KVK | | 20:30-22:00 (Álftanes) | | 21:00-22:30 | | | | Matthew Gregory Gibson |
| Öldungur KvK - Fegurð | | 20:30-22:00 (Álftanes) | | | | | 20:00-21:30 (TM Höllin) | Egill Þorri Arnarsson |
| Öldungur KK - Bleikir | | 20:30-22:00 (Álftanes) | | | | | 12:00-13:30 | Lárus Jón Thorarensen |
| Byrjendablað | | | 21:00-22:00 | | | | 20:00-21:30 (TM Höllin) | Rosilyn Cummings |