



# FELDENKRAIS TRAINING PROGRAM

## MILANO-LEVICO 7 INTERNATIONAL (2024-2026)

**Year 1, Segment 1 (1<sup>st</sup> August 2024 – 31<sup>st</sup> August 2024)**

**Trainers: Mara Fusero & Julie Peck**

**Location: Levico Terme**

<b>Day</b>	<b>Hours</b>	<b>Trainer</b>
Thursday 1 <sup>st</sup> August 2024	13:00 – 19:00	Mara Fusero
Friday 2 <sup>nd</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Saturday 3 <sup>rd</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Sunday 4 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Monday 5 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Tuesday 6 <sup>th</sup> August 2024	9:00 – 15:00	Mara Fusero
<i>Wednesday 7<sup>th</sup> August 2024</i>	<i>Day Off</i>	/
Thursday 8 <sup>th</sup> August 2024	13:00 – 19:00	Mara Fusero
Friday 9 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Saturday 10 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Sunday 11 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Monday 12 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Tuesday 13 <sup>th</sup> August 2024	9:00 – 15:00	Mara Fusero
<i>Wednesday 14<sup>th</sup> August 2024</i>	<i>Day Off</i>	/
Thursday 15 <sup>th</sup> August 2024	13:00 – 19:00	Mara Fusero
Friday 16 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Saturday 17 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Sunday 18 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Monday 19 <sup>th</sup> August 2024	9:00 – 15:00	Mara Fusero
<i>Tuesday 20<sup>th</sup> August 2024</i>	<i>Day Off</i>	/
Wednesday 21 <sup>st</sup> August 2024	13:00 – 19:00	Julie Peck
Thursday 22 <sup>nd</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Julie Peck
Friday 23 <sup>rd</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Julie Peck
Saturday 24 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Julie Peck
Sunday 25 <sup>th</sup> August 2024	9:00 – 15:00	Julie Peck
<i>Monday 26<sup>th</sup> August 2024</i>	<i>Day Off</i>	/
Tuesday 27 <sup>th</sup> August 2024	13:00 – 19:00	Julie Peck
Wednesday 28 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Julie Peck
Thursday 29 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Julie Peck
Friday 30 <sup>th</sup> August 2024	10:00 – 13:00 / 14:30 – 16:30	Julie Peck
Saturday 31 <sup>st</sup> August 2024	9:00 – 15:00	Julie Peck

Training location: PalaLevico: Viale Lido, 4, 38056 Levico Terme TN, Italy