



# FELDENKRAIS TRAINING PROGRAM

## MILANO-LEVICO 7 INTERNATIONAL (2023-2026)

**Year 1, Segment 2 (27<sup>th</sup> December 2023 – 7<sup>th</sup> January 2024)**

**Trainer: Mara Fusero**

**Location: Club Kim Long**

<b>Day</b>	<b>Hours</b>	<b>Trainer</b>
Wednesday 27 <sup>th</sup> December	13:00 – 19:00	Mara Fusero
Thursday 28 <sup>th</sup> December	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Friday 29 <sup>th</sup> December 2023	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Saturday 30 <sup>th</sup> December	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Sunday 31 <sup>st</sup> December 2023	9:00 – 15:00	Mara Fusero
<i>Monday 1<sup>st</sup> January 2024</i>	<i>Day Off</i>	/
Tuesday 2 <sup>nd</sup> January 2024	13:00 – 19:00	Mara Fusero
Wednesday 3 <sup>rd</sup> January	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Thursday 4 <sup>th</sup> January 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Friday 5 <sup>th</sup> January 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Saturday 6 <sup>th</sup> January 2024	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Sundays 7 <sup>th</sup> January 2024	9:00 – 15:00	Mara Fusero

Training address: Club Kim Long, Via Enea Salmeggia, 11 – 20132, Milano (MI)