



FELDENKRAIS TRAINING PROGRAM

MILANO-LEVICO 7 INTERNATIONAL (2023-2026)

Year 4 Segment 2 (1st August 2026 – 31st August 2026)

Trainers: Mara Fusero & Christoph Habegger

Location: Levico Terme TN, Italy

Palestra ex-scuole elementari/medie - Via Sluca De Matteoni, 6 - 38056

Day	Hours	Trainer
Saturday 1 st August 2026	13:00 – 19:00	Mara Fusero
Sunday 2 nd August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Monday 3 rd August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Tuesday 4 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Wednesday 5 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Thursday 6 th August 2026	9:00 – 15:00	Mara Fusero
<i>Friday 7th August 2026</i>	<i>Day Off</i>	/
Saturday 8 th August 2026	13:00 – 19:00	Mara Fusero
Sunday 9 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Monday 10 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Tuesday 11 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Wednesday 12 th August 2026	9:00 – 15:00	Mara Fusero
<i>Thursday 13th August 2026</i>	<i>Day off</i>	/
Friday 14 th August 2026	13:00 – 19:00	Christoph Habegger
Saturday 15 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Christoph Habegger
Sunday 16 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Christoph Habegger
Monday 17 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Christoph Habegger
Tuesday 18 th August 2026	9:00 – 15:00	Christoph Habegger
<i>Wednesday 19th August 2026</i>	<i>Day Off</i>	/
Thursday 20 th August 2026	13:00 – 19:00	Christoph Habegger
Friday 21 st August 2026	10:00 – 13:00 / 14:30 – 16:30	Christoph Habegger
Saturday 22 nd August 2026	10:00 – 13:00 / 14:30 – 16:30	Christoph Habegger
Sunday 23 rd August 2026	10:00 – 13:00 / 14:30 – 16:30	Christoph Habegger
Monday 24 th August 2026	9:00 – 15:00	Christoph Habegger
Tuesday 25 th August 2026	<i>Day Off</i>	/
Wednesday 26 th August 2026	13:00 – 19:00	Mara Fusero
Thursday 27 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Friday 28 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Saturday 29 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Sunday 30 th August 2026	10:00 – 13:00 / 14:30 – 16:30	Mara Fusero
Monday 31 st August 2026	9:00 – 15:00	Mara Fusero