

# FELDENKRAIS TRAINING VIENNA 9 - SCHEDULE

## Year 1

Segment 1/Trainer: Yehudit Silver

Thu 24/06/2021 14:00- 18.00	Fri 25/06/2021 9.30 -16.30	Sat 26/06/2021 9.30 -16.30	Sun 27/06/2021 9.30 -16.30	Mon 28/06/2021 9.30 -13.30	Tue free day	Wed 30/06/2021 9.30 -16.30
Thu 01/07/2021 9.30 -16.30	Fri 02/07/2021 9.30 -16.30	Sat 03/07/2021 9.30 -16.30	Sun 04/07/2021 9.30 -16.30	Mon free day	Tue free day	Wed 07/07/2021 9.30 -16.30
Thu 08/07/2021 9.30 -16.30	Fri 09/07/2021 9.30 -16.30	Sat 10/07/2021 9.30 -16.30	Sun 11/07/2021 9.30 -13.30			

Segment 2/Trainer: Anna Maria Caponecchi

Mon 06/09/2021 14.00 -18.00	Tue 07/09/2021 9.30 -16.30	Wed 08/09/2021 9.30 -16.30	Thu 09/09/2021 9.30 -16.30	Fri 10/09/2021 9.30 -13.30	Sat free day	Sun 12/09/2021 9.30 -16.30
Mon 13/09/2021 9.30 -16.30	Tue 14/09/2021 9.30 -16.30	Wed 15/09/2021 9.30 -16.30	Thu 16/09/2021 9.30 -13.30	Fri free day	Sat free day	Sun 19/09/2021 9.30 -16.30
Mon 20/09/2021 9.30 -16.30	Tue 21/09/2021 9.30 -16.30	Wed 22/09/2021 9.30 -16.30	Thu 23/09/2021 9.30 -13.30			

Segment 3/Trainer: Yehudit Silver

Thu 13/01/2022 14:00- 18.00	Fri 14/01/2022 9.30 -16.30	Sat 15/01/2022 9.30 -16.30	Sun 16/01/2022 9.30 -16.15	Mon 17/01/2022 9.30 -13.30	Tue free day	Wed 19/01/2022 9.30 -16.30
Thu 20/01/2022 9.30 -16.30	Fri 21/01/2022 9.30 -16.30	Sat 22/01/2022 9.30 -16.30	Sun 23/01/2022 9.30 -13.30			

## Year 2

Segment 4/Trainer: Stephen Rosenholtz

Thu 23/06/2022 14:00- 18.00	Fri 24/06/2022 9.30 -16.30	Sat 25/06/2022 9.30 -16.30	Sun 26/06/2022 9.30 -16.30	Mon 27/06/2022 9.30 -13.30	Tue free day	Wed 29/06/2022 9.30 -16.30
Thu 30/06/2022 9.30 -16.30	Fri 01/07/2022 9.30 -16.30	Sat 02/07/2022 9.30 -16.30	Sun 03/07/2022 9.30 -16.30	Mon free day	Tue free day	Wed 06/07/2022 9.30 -16.30

Thu 07/07/2022 9.30 -16.30	Fri 08/07/2022 9.30 -16.30	Sat 09/07/2022 9.30 -16.30	Sun 10/07/2022 9.30 -13.30			
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Segment 5/Trainer: Yehudit Silver

Thu 15/09/2022 14:00- 18.00	Fri 16/09/2022 9.30 -16.30	Sat 17/09/2022 9.30 -16.30	Sun 18/09/2022 9.30 -16.30	Mon 19/09/2022 9.30 -13.30	Tue free day	Wed 21/09/2022 9.30 -16.30
Thu 22/09/2022 9.30 -16.30	Fri 23/09/2022 9.30 -16.30	Sat 24/09/2022 9.30 -16.30	Sun 25/09/2022 9.30 -13.30			

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Segment 6/ Thomas: Farnbacher

Thu 12/01/2023 14:00- 18.00	Fri 13/01/2023 9.30 -16.30	Sat 14/01/2023 9.30 -16.30	Sun 15/01/2023 9.30 -16.30	Mon 16/01/2023 9.30 -13.30	Tue free day	Wed 18/01/2023 9.30 -16.30
Thu 19/01/2023 9.30 -16.30	Fri 20/01/2023 9.30 -16.30	Sat 21/01/2023 9.30 -16.30	Sun 22/01/2023 9.30 -16.30	Mon free day	Tue free day	Wed 25/01/2023 9.30 -16.30
Thu 26/01/2023 9.30 -16.30	Fri 27/01/2023 9.30 -16.30	Sat 28/01/2023 9.30 -16.30	Sun 29/01/2023 9.30 -13.30			

**Year 3**

Segment 7/Trainer: Yehudit Silver

Thu 29/6/2023 14:00- 18.00	Fri 30/06/2023 9.30 -16.30	Sat 01/07/2023 9.30 -16.30	Sun 02/07/2023 9.30 -16.30	Mon 03/07/2023 9.30 -13.30	Tue free day	Wed 05/07/2023 9.30 -16.30
Thu 06/07/2023 9.30 -16.30	Fri 07/07/2023 9.30 -16.30	Sat 08/07/2023 9.30 -16.30	Sun 09/07/2023 9.30 -16.30	Mon free day	Tue free day	Wed 12/07/2023 9.30 -16.30
Thu 13/07/2023 9.30 -16.30	Fri 14/07/2023 9.30 -16.30	Sat 15/07/2023 9.30 -16.30	Sun 16/07/2023 9.30 -13.30			

Segment 8/Trainer: Patrick Gruner

Thu 14/09/2023 14:00- 18.00	Fri 15/09/2023 9.30 -16.30	Sat 16/09/2023 9.30 -16.30	Sun 17/09/2023 9.30 -16.15	Mon 18/09/2023 9.30 -13.30	Tue free day	Wed 20/09/2023 9.30 -16.30
Thu 21/09/2023 9.30 -16.30	Fri 22/09/2023 9.30 -16.30	Sat 23/09/2023 9.30 -16.30	Sun 24/09/2023 9.30 -13.30			

Segment 9/Trainer: Yehudit Silver

Thu 18/01/2024 14:00- 18.00	Fri 19/01/2024 9.30 -16.30	Sat 20/01/2024 9.30 -16.30	Sun 21/01/2024 9.30 -16.30	Mon 22/01/2024 9.30 -13.30	Tue free day	Wed 24/01/2024 9.30 -16.30
Thu 25/01/2024 9.30 -16.30	Fri 26/01/2024 9.30 -16.30	Sat 27/01/2024 9.30 -16.30	Sun 28/01/2024 9.30 -16.30	Mon free day	Tue free day	Wed 31/01/2024 9.30 -16.30
Thu 01/02/2024 9.30 -16.30	Fri 02/02/2024 9.30 -16.30	Sat 03/02/2024 9.30 -16.30	Sun 04/02/2024 9.30 -13.30			

**Year 4**

Segment 10/Trainer: Patrick Gruner

Thu 20/6/2024 14:00- 18.00	Fri 21/06/2024 9.30 -16.30	Sat 22/06/2024 9.30 -16.30	Sun 23/06/2024 9.30 -16.30	Mon 24/06/2024 9.30 -13.30	Tue free day	Wed 26/06/2024 9.30 -16.30
Thu 27/06/2024 9.30 -16.30	Fri 28/06/2024 9.30 -16.30	Sat 29/06/2024 9.30 -16.30	Sun 30/06/2024 9.30 -16.30	Mon free day	Tue free day	Wed 03/07/2024 9.30 -16.30
Thu 04/07/2024 9.30 -16.30	Fri 05/07/2024 9.30 -16.30	Sat 06/07/2024 9.30 -16.30	Sun 07/07/2024 9.30 -13.30			

Segment 11/Trainer: Anna Maria Caponecchi

Thu 12/09/2024 14:00- 18.00	Fri 13/09/2024 9.30 -16.30	Sat 14/09/2024 9.30 -16.30	Sun 15/09/2024 9.30 -16.15	Mon 16/09/2024 9.30 -13.30	Tue free day	Wed 18/09/2024 9.30 -16.30
Thu 19/09/2024 9.30 -16.30	Fri 20/09/2024 9.30 -16.30	Sat 21/09/2024 9.30 -16.30	Sun 22/09/2024 9.30 -13.30			

Segment 12/Trainer: Yehudit Silver

Thu 16/01/2025 14:00- 18.00	Fri 17/01/2025 9.30 -16.30	Sat 18/01/2025 9.30 -16.30	Sun 19/01/2025 9.30 -16.30	Mon 20/01/2025 9.30 -13.30	Tue free day	Wed 22/01/2025 9.30 -16.30
Thu 23/01/2025 9.30 -16.30	Fri 24/01/2025 9.30 -16.30	Sat 25/01/2025 9.30 -16.30	Sun 26/01/2025 9.30 -16.30	Mon free day	Tue free day	Wed 29/01/2025 9.30 -16.30
Thu 30/01/2025 9.30 -16.30	Fri 31/01/2025 9.30 -16.30	Sat 01/02/2025 9.30 -16.30	Sun 02/02/2025 9.30 -13.30			