

WOMEN RISE SCHEDULE

Begins March 11, 2024 ends November 25 2024

MARCH 2024	
Group Coaching Session <i>(All levels, 2nd Monday of Each Month)</i>	March 11, from 7:00 PM to 9:00 PM (CET)**
Group Practice Session <i>(All levels, 4th Monday of Each Month)</i>	March 25, from 7:00 PM to 9:00 PM(CET)
Level 2 <i>(Additional 3 individual sessions at months 1, 3 and 6)</i>	One - One Session 1
Level 3 <i>(Additional 10 individual sessions)</i>	One - One Sessions 1 and 2
APRIL 2024	
Group Coaching Session <i>(All levels)</i>	April 8, from 7:00 PM to 9:00 PM (CET)
Group Practice Session <i>(All levels)</i>	April 22, from 7:00 PM to 9:00 PM(CET)
Level 2	
Level 3	One - One Session 3
MAY 2024	
Group Coaching Session <i>(All levels)</i>	May 13, from 7:00 PM to 9:00 PM (CET)
Group Practice Session	May 27, from 7:00 PM to 9:00 PM(CET)
Level 2	
Level 3	One - One Session 4

JUNE 2024

Group Coaching Session <i>(All levels)</i>	June 10, from 7:00 PM to 9:00 PM (CET)
Group Practice Session	June 24, from 7:00 PM to 9:00 PM(CET)
Level 2	One - One Session 2
Level 3	One - One Session 5

JULY 2024

Group Coaching Session <i>(All levels)</i>	July 8, from 7:00 PM to 9:00 PM (CET)
Group Practice Session	July 22, from 7:00 PM to 9:00 PM(CET)
Level 2	One - One Session 2
Level 3	One - One Session 6

AUGUST 2024

Group Coaching Session <i>(All levels)</i>	August 12, from 7:00 PM to 9:00 PM (CET)
Group Practice Session	August 26, from 7:00 PM to 9:00 PM(CET)
Level 2	
Level 3	One - One Session 7

SEPTEMBER 2024

Group Coaching Session <i>(All levels)</i>	September 9, from 7:00 PM to 9:00 PM (CET)
Group Practice Session	September 23, from 7:00 PM to 9:00 PM(CET)
Level 2	
Level 3	One - One Session 8

OCTOBER 2024

Group Coaching Session <i>(All levels)</i>	October 14, from 7:00 PM to 9:00 PM (CET)
Group Practice Session	October 28, from 7:00 PM to 9:00 PM (CET)
Level 2	One - One Session 3
Level 3	One - One Session 8

NOVEMBER 2024

Group Coaching Session	November 11, from 7:00 PM to 9:00 PM (CET)
Group Completion Session	November 25, from 7:00 PM to 9:00 PM (CET)
Level 2	
Level 3	One - One Session 10

** Please use this [time converter](#) to adjust the times according to your time zone.

Eastern Time (ET) Corresponding Times: (Subtract 6 hours from CET)
Pacific Time (PT) Corresponding Times: (Subtract 9 hours from CET)