

CORSI EVOLNESS® DAL 14/09/2026 – GARDEN SPORTING CENTER

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
09:00 – 10:00 EVOLNESS FUNZIONALE	09:00 – 11:00 EVOLNESS TERRA	09:00 – 11:00 EVOLNESS TERRA		09:00 – 10:00 EVOLNESS FUNZIONALE
09:00 – 11:00 EVOLNESS TERRA				09:00 – 11:00 EVOLNESS TERRA
09:15 – 10:45 EVOLNESS ACQUA	11:15 – 12:00 EVOLNESS ACQUAGYM	09:15 – 10:00 EVOLNESS ACQUA	11:15 – 12:00 EVOLNESS ACQUAGYM	09:15 – 10:45 EVOLNESS ACQUA
		10:00 – 11:30 CORSO GESTANTI		
12:30 – 14:30 EVOLNESS TERRA		12:30 – 14:30 EVOLNESS TERRA		12:30 – 14:30 EVOLNESS TERRA
14:00 – 15:30 CORSO GESTANTI				14:00 – 15:30 CORSO GESTANTI
16:00 – 17:00 EVOLNESS TEEN		16:00 – 17:00 EVOLNESS TEEN		16:00 – 17:00 EVOLNESS TEEN
18:30 – 20:00 EVOLNESS TERRA		18:30 – 20:00 EVOLNESS TERRA		18:30 – 20:00 EVOLNESS TERRA