

**CORSI EVOLNESS® DAL 19/01/2026 – GARDEN SPORTING CENTER**

| LUNEDÌ                                 | MARTEDÌ                                | MERCOLEDÌ                              | GIOVEDÌ | VENERDÌ                                | SABATO |
|----------------------------------------|----------------------------------------|----------------------------------------|---------|----------------------------------------|--------|
| 09:00 – 11:00<br><b>EVOLNESS TERRA</b> | 09:00 – 11:00<br><b>EVOLNESS TERRA</b> | 09:00 – 11:00<br><b>EVOLNESS TERRA</b> |         | 09:00 – 11:00<br><b>EVOLNESS TERRA</b> |        |
| 09:15 – 10:45<br><b>EVOLNESS ACQUA</b> |                                        | 09:15 – 10:00<br><b>EVOLNESS ACQUA</b> |         | 09:15 – 10:45<br><b>EVOLNESS ACQUA</b> |        |
|                                        |                                        | 10:00 – 11:30<br><b>CORSO GESTANTI</b> |         |                                        |        |
| 12:30 – 14:30<br><b>EVOLNESS TERRA</b> | 12:30 – 14:30<br><b>EVOLNESS TERRA</b> | 12:30 – 14:30<br><b>EVOLNESS TERRA</b> |         | 12:30 – 14:30<br><b>EVOLNESS TERRA</b> |        |
| 14:30 – 16:00<br><b>CORSO GESTANTI</b> |                                        |                                        |         | 14:30 – 16:00<br><b>CORSO GESTANTI</b> |        |
| 16:00 – 17:00<br><b>EVOLNESS TEEN</b>  |                                        | 16:00 – 17:00<br><b>EVOLNESS TEEN</b>  |         | 16:00 – 17:00<br><b>EVOLNESS TEEN</b>  |        |
| 18:30 – 20:00<br><b>EVOLNESS TERRA</b> |                                        | 18:30 – 20:00<br><b>EVOLNESS TERRA</b> |         | 18:30 – 20:00<br><b>EVOLNESS TERRA</b> |        |