



SCHEDULE FOR [ ADULTS ] 2024-25

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Aerial Yoga 7:40 - 8:30 Eleni Tseriou Purple Tseriou Blue				
7:45					
8:00	Pilates Beginners 8:10 - 9:00 Pavlina Tseriou Green	Pilates Intermediate 7:45 - 8:35 Pavlina Tseriou Blue Tseriou Purple	Pilates Intermediate 7:45 - 8:35 Eleni Viantos Red Viantos Yellow	Pilates Beginners 8:10 - 9:00 Pavlina Tseriou Blue Tseriou Purple	Pilates Intermediate 7:45 - 8:35 Eleni Viantos Red Viantos Yellow
8:15					
8:30	Pilates Seniors 8:40 - 9:30 Eleni Viantos Red Viantos Yellow	Pilates Beginners 8:35 - 9:25 Pavlina Tseriou Blue Tseriou Purple	Kangoo Jumps 9:00 - 9:50 Sotia Tseriou Blue Tseriou Purple	Pilates Seniors 8:40 - 9:30 Eleni Viantos Red Viantos Yellow	Pilates Beginners 8:35 - 9:25 Pavlina Tseriou Blue Tseriou Purple
8:45					
9:00					
9:15					
9:30	Circuit Pilates 9:30 - 10:20 Eleni Viantos Red Viantos Yellow		Circuit Pilates 9:30 - 10:20 Eleni Viantos Red Viantos Yellow		Kangoo Jumps 9:00 - 9:50 Sotia Tseriou Blue Tseriou Purple
9:45					
10:00					
10:15					
10:30					
10:45					
11:00					
15:00					
15:15					
15:30					
15:45					
16:00		Pilates Beginners 16:00 - 17:00 Pavlina Viantos Red Viantos Yellow			Pilates Beginners 16:00 - 17:00 Pavlina Viantos Red Viantos Yellow
16:15					
16:30					
16:45					
17:00	Circuit Pilates 17:00 - 17:50 Pavlina Viantos Red Viantos Yellow	Pilates Intermediate 17:00 - 18:00 Pavlina Viantos Red Viantos Yellow	Circuit Pilates 17:00 - 17:50 Pavlina Viantos Red Viantos Yellow	Pilates Intermediate 17:00 - 18:00 Pavlina Viantos Red Viantos Yellow	Pilates Intermediate 17:00 - 18:00 Pavlina Viantos Red Viantos Yellow
17:15					
17:30					
17:45					
18:00	Pilates Intermediate 18:00 - 19:00 Pavlina Viantos Red Viantos Yellow	Zumba Adults 18:00 - 18:50 * Viantos Red Viantos Yellow	Pilates Beginners 18:00 - 19:00 Pavlina Viantos Violet	Ballet Adults 18:00 - 19:00 Elena Tseriou Blue	Pilates Intermediate 18:00 - 19:00 Pavlina Viantos Red Viantos Yellow
18:15					
18:30					
18:45					
19:00	Kangoo Jumps 19:00 - 19:50 Sotia Tseriou Blue Tseriou Purple	Hip-Hop Adults 19:00 - 20:00 Rena Tseriou Green	Pilates Intermediate 19:00 - 20:00 Maria Viantos Red Viantos Yellow	Yoga 19:00 - 20:00 Eleni Viantos Violet	Pilates Intermediate 19:00 - 20:00 Maria Viantos Red Viantos Yellow
19:15					
19:30					
19:45					
20:00	Contemporary Adults 20:00 - 21:00 Rena Tseriou Blue Tseriou Purple		Pilates Beginners 19:10 - 20:10 Pavlina Tseriou Blue Tseriou Purple	Hip-Hop Adults 20:00 - 21:00 Rena Tseriou Blue Tseriou Purple	
20:15					
20:30					
20:45					



TELEPHONE: 7000 7061  
SMS/VIBER: 99 337066  
WEB: EMOTIONCY.COM  
FACEBOOK: FB.COM/EMOTIONCY

STUDIO Tseriou: 8, Tseriou Avenue, 2042 Strovolos  
STUDIO Viantos: 8, Viantos Street, 2042 Strovolos

Schedule Updated: 25/03/2024