

SCHEDULE FOR [CHILDREN] 2022-23

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:00						Zumba Juniors (9 11 yrs) 9:00 - 9:50	Theatrical Kids (6 8 yrs) 9:00 - 10:00
9:15							
9:30							
9:45						Sotia Tseriou Blue Tseriou Purple	Eleni Tseriou Green
10:00							
10:15						Zumba Kids 2 (6-8 yrs) 10:00 - 10:50	Theatre & Dance Juniors (9-13 yrs) 10:00 - 11:00
10:30							
10:45						Sotia Tseriou Blue	Eleni Tseriou Purple
11:00						Zumba Teens (11-14 yrs) 11:00 - 11:50	Ballet Pointe Work (Teens) 11:00 - 12:00
11:15							Hip-Hop Juniors 3 (11-13 yrs) 11:00 - 12:00
11:30						Sotia Tseriou Blue	Elena, Eleni Tseriou Purple
11:45							Rena Tseriou Green
12:00							
12:15						Contemporary Teens (14-17 yrs) 12:00 - 13:00	Hip-Hop Advanced Teens (14+) 12:00 - 13:00
12:30							Modern Choreography Juniors (9-13 yrs) 12:00 - 13:00
12:45						Elena Tseriou Purple	Rena Tseriou Green



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: 20/07/2022

15:00						GR5 Ballet (11 yrs) 15:00 - 16:00	GR6 Modern (12 yrs) 15:00 - 16:00					GR5 Ballet (11 yrs) 15:00 - 16:00	GR6 Modern (12 yrs) 15:00 - 16:00				
15:15																	
15:30	GR2 Modern (8 yrs) 15:30 - 16:15	GR3 Ballet (9 yrs) 15:30 - 16:15				Eleni Tseriou Purple	Elena Tseriou Blue	DanceFusion Kids (5-8 yrs) 15:30 - 16:15	GR3 Modern (9 yrs) 15:30 - 16:15	GR2 Modern (8 yrs) 15:30 - 16:15		Eleni Tseriou Purple	Elena Tseriou Blue				
15:45																	
16:00	Elena Tseriou Blue	Eleni Tseriou Purple	GR5 Modern (11 yrs) 16:00 - 17:00	GR6 Ballet (12 yrs) 16:00 - 17:00	Hip-Hop Kids 2 (6-8 yrs) 16:00 - 17:00	Eleni Tseriou Green	Elena Tseriou Blue	Elena Tseriou Blue	Hip-Hop Kids 1 (4-6 yrs) 16:00 - 17:00	GR2 Ballet (8 yrs) 16:15 - 17:00	GR5 Modern (11 yrs) 16:00 - 17:00	GR6 Ballet (12 yrs) 16:00 - 17:00	Hip-Hop Kids 2 (6-8 yrs) 16:00 - 17:00				
16:15	GR1 Ballet (7 yrs) 16:15 - 17:00	GR2 Ballet (8 yrs) 16:15 - 17:00	GR3 Modern (9 yrs) 16:15 - 17:00			Rena Tseriou Green	Eleni Tseriou Purple	Elena Tseriou Blue	GR1 Modern (7 yrs) 16:15 - 17:00	GR3 Ballet (9 yrs) 16:15 - 17:00	Pre-Primary Ballet (5 yrs) 16:15 - 17:00						
16:30																	
16:45	Rena Tseriou Green	Eleni Tseriou Purple	Elena Tseriou Blue	Elena Tseriou Purple	Eleni Tseriou Blue	Rena Tseriou Green		Rena Tseriou Green	Elena Tseriou Purple	Eleni Tseriou Blue	Elena Tseriou Blue	Rena Tseriou Green	Eleni Tseriou Purple				
17:00	GR1 Modern (7 yrs) 17:00 - 17:45	Zumba Kids 1 (4-6 yrs) 17:00 - 17:50	Hip-Hop Juniors 1 (8-10 yrs) 17:00 - 18:00	Intermediate Foundation Ballet (13 yrs) 17:00 - 18:00	Primary Ballet A (6 yrs) 17:00 - 17:30	Primary Ballet B (6 yrs) 17:00 - 17:30	Hip-Hop Juniors 2 (9-11 yrs) 17:00 - 18:00	GR1 Ballet (7 yrs) 17:00 - 17:45	Zumba Juniors (9-11 yrs) 17:00 - 17:50	Hip-Hop Juniors 1 (8-10 yrs) 17:00 - 18:00	Contemporary Boys & Girls (9-13 yrs) 17:00 - 18:00	Baby Balletinas (3-4 yrs) 17:00 - 17:45	Intermediate Foundation Ballet (13 yrs) 17:00 - 18:00	DanceFusion Juniors (8-14 yrs) 17:00 - 18:00	Primary Ballet A (6 yrs) 17:00 - 17:30	Primary Ballet B (6 yrs) 17:00 - 17:30	Hip-Hop Juniors 2 (9-11 yrs) 17:00 - 18:00
17:15					Elena Tseriou Blue	Eleni Tseriou Purple		Elena Tseriou Purple	Viantos Violet	Rena Tseriou Green	Eleni Tseriou Blue	Rena Tseriou Green	Eleni Tseriou Blue	Elena, Andria Tseriou Purple	Eleni Tseriou Blue	Elena Tseriou Purple	Rena Tseriou Green
17:30	Elena Tseriou Blue	Viantos Violet	Rena Tseriou Green	Eleni Tseriou Purple	Elena Tseriou Blue	Eleni Tseriou Purple	Rena Tseriou Green	Elena Tseriou Purple	Sotia Violet	Rena Tseriou Green	Eleni Tseriou Blue						
17:45		Sotia Violet															
18:00	Hip-Hop Juniors 3 (11-13 yrs) 18:00 - 19:00	Intermediate Foundation Modern (13 yrs) 18:00 - 19:00			Advanced 1 Ballet (16+ yrs) 18:00 - 19:00	Hip-Hop Juniors 2 NEW (9-11 yrs) 18:00 - 19:00		Contemporary Teens Advanced (14-17 yrs) 18:00 - 19:00	Hip-Hop Juniors 2 NEW (9-11 yrs) 18:00 - 19:00	Intermediate Foundation Modern (13 yrs) 18:00 - 19:00		Advanced 1 Ballet (16+ yrs) 18:00 - 19:00	Contemporary Boys & Girls (9-13 yrs) 18:00 - 19:00				
18:15																	
18:30																	
18:45	Rena Tseriou Green	Elena Tseriou Blue	Eleni Tseriou Purple	Rena Tseriou Green	Eleni Tseriou Purple	Rena Tseriou Blue		Rena Tseriou Purple	Rena Tseriou Green	Elena Tseriou Blue	Eleni Tseriou Purple	Eleni Tseriou Purple	Rena Tseriou Green				
19:00					Advanced 1 Modern (16+ yrs) 19:00 - 20:00							Advanced 1 Modern (16+ yrs) 19:00 - 20:00					
19:15																	
19:30																	
19:45					Elena	Rena Tseriou Green						Elena	Tseriou Blue Tseriou Purple				

SCHEDULE FOR [ADULTS] 2022-23

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30				Aerial Yoga 7:30 - 8:30	
7:45		Pilates Beginners 7:45 - 8:35	Pilates Beginners 7:45 - 8:35		Pilates Beginners 7:45 - 8:35
8:00	Pilates Beginners 8:00 - 8:50		Kangoo Jumps 8:00 - 8:50		Kangoo Jumps 8:00 - 8:50
8:15		Pilates Advanced 8:15 - 9:05		Pilates Advanced 8:15 - 9:05	
8:30					
8:45					
9:00	Circuit 9:10 - 10:00				
9:15					
9:30			Zumba Adults 9:30 - 10:20		
9:45					
10:00	Pilates Seniors 10:00 - 10:50				
10:15					
10:30					
10:45					
15:30					
15:45					
16:00	Pilates Beginners 16:00 - 17:00				
16:15					
16:30					
16:45					
17:00	Circuit 17:00 - 17:50				
17:15					
17:30					
17:45					
18:00	Aerial Yoga 18:00 - 19:00	Pilates Intermediate 18:00 - 19:00	Zumba Adults 18:00 - 18:50	Pilates Beginners 18:00 - 19:00	Pilates Beginners 18:00 - 19:00
18:15					
18:30					
18:45					
19:00	Kangoo Jumps 19:00 - 19:50	Hip-Hop Adults 19:00 - 20:00	Pilates Intermediate 19:00 - 20:00	Yoga 19:10 - 20:10	Pilates Beginners 19:00 - 20:00
19:15					
19:30					
19:45					
20:00					
20:15					
20:30					
20:45					