



SCHEDULE FOR [ ADULTS ] 2023-24

|       | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|-------|--|---|---|--|--|
| 7:30  | Yoga<br>7:40 - 8:35<br>Eleni                           |   |   |  |  |
| 7:45  |  |   | Pilates Intermediate<br>7:45 - 8:35<br>Pavlina      | Pilates Intermediate<br>7:45 - 8:35<br>Pavlina   | Pilates Intermediate<br>7:45 - 8:35<br>Eleni     |
| 8:00  |  |   | Pilates Intermediate<br>7:45 - 8:35<br>Eleni        |  |  |
| 8:15  |  |   | Kangoo Jumps<br>8:00 - 8:50<br>Sotia                |  |  |
| 8:30  | Pilates Advanced<br>8:35 - 9:25<br>Eleni               | Pilates Beginners<br>8:35 - 9:25<br>Pavlina         | Pilates Advanced<br>8:35 - 9:25<br>Eleni            | Pilates Beginners<br>8:35 - 9:25<br>Pavlina      | Pilates Intermediate<br>8:35 - 9:35<br>Eleni     |
| 8:45  |  |   |   |  |  |
| 9:00  |  |   |   |  |  |
| 9:15  |  |   |   |  |  |
| 9:30  | Circuit<br>9:30 - 10:20<br>Eleni                       |   | Circuit<br>9:30 - 10:20<br>Eleni                    | Pilates Seniors<br>9:30 - 10:20<br>Eleni         |  |
| 9:45  |  |   |   |  |  |
| 10:00 |  |   |   |  |  |
| 10:15 |  |   |   |  |  |
| 10:30 |  |   |   |  |  |
| 10:45 |  |   |   |  |  |
| 11:00 |  |   |   |  |  |
| 15:00 |  |   |   |  |  |
| 15:15 |  |   |   |  |  |
| 15:30 |  |   |   |  |  |
| 15:45 |  |   |   |  |  |
| 16:00 |  | Pilates Beginners<br>16:00 - 17:00<br>Pavlina       |   | Pilates Beginners<br>16:00 - 17:00<br>Pavlina    | Pilates Beginners<br>16:00 - 17:00<br>Pavlina    |
| 16:15 |  |   |   |  |  |
| 16:30 |  |   |   |  |  |
| 16:45 |  |   |   |  |  |
| 17:00 | Circuit<br>17:00 - 17:50<br>Pavlina                    | Pilates Intermediate<br>17:00 - 18:00<br>Pavlina    | Circuit<br>17:00 - 17:50<br>Pavlina                 | Pilates Intermediate<br>17:00 - 18:00<br>Pavlina | Pilates Intermediate<br>17:00 - 18:00<br>Pavlina |
| 17:15 |  |   |   |  |  |
| 17:30 |  |   |   |  |  |
| 17:45 |  |   |   |  |  |
| 18:00 | Kangoo Jumps<br>18:00 - 18:50<br>Sotia                 | Pilates Intermediate<br>18:00 - 19:00<br>Pavlina    | Kangoo Jumps<br>18:00 - 18:50<br>Sotia              | Zumba Adults<br>18:00 - 18:50<br>Iliana          | Pilates Intermediate<br>18:00 - 19:00<br>Pavlina |
| 18:15 |  | Pilates Beginners<br>18:00 - 19:00<br>Eleni         |   |  |  |
| 18:30 |  |   |   |  |  |
| 18:45 |  |   |   |  |  |
| 19:00 | Kangoo Jumps<br>19:00 - 19:50<br>Sotia                 | Hip-Hop Adults (Beginners)<br>19:00 - 20:00<br>Rena | Kangoo Jumps<br>19:00 - 19:50<br>Sotia              | Pilates Advanced<br>19:00 - 20:00<br>Maria       | Pilates Intermediate<br>18:00 - 19:00<br>Pavlina |
| 19:15 |  |   |   |  |  |
| 19:30 |  |   |   |  |  |
| 19:45 |  |   |   |  |  |
| 20:00 | Contemporary Adults Improvers<br>20:00 - 21:00<br>Rena |   | Hip-Hop Adults (Improvers)<br>20:00 - 21:00<br>Rena |  |  |
| 20:15 |  |   |   |  |  |
| 20:30 |  |   |   |  |  |
| 20:45 |  |   |   |  |  |

**EMOTION**  
DANCE AND HEALTH STUDIO

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STUDIO TSERIOU: 8, TSERIOU AVENUE, 2042 STROVOLOS  
STUDIO VIANOS: 8, VIANOS STREET, 2042 STROVOLOS

Schedule Updated: 14/09/2023