

SCHEDULE FOR [CHILDREN] 2025-26						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00						Zumba Juniors (7-10 yrs) 9:00 - 9:50 Sotia Tseriou Green
9:15						Contemporary Juniors (9-11 yrs) 9:00 - 10:00 Eleni Tseriou Blue
9:30						Modern Choreography Teens (11-14 yrs) 9:00 - 10:00 Elena Tseriou Purple
9:45						
10:00						Primary Ballet (7-8 yrs) 10:00 - 10:30 Eleni Tseriou Blue
10:15						Pre-Baby Ballerinas (3-4 yrs) 10:00 - 10:45 Elena Tseriou Green
10:30						Zumba Teens (11-14 yrs) 10:00 - 10:50 Sotia Tseriou Purple
10:45						
11:00						Commercial Teens (11-16 yrs) 11:00 - 12:00 Eleni Tseriou Blue
11:15						Jazz Divas Team 11:00 - 12:00 Elena Tseriou Purple
11:30						Hip-Hop Senior Teens (15+) 11:00 - 12:00 Rena Tseriou Green
11:45						
12:00						Contemporary Senior Teens (15+ yrs) 12:00 - 13:00 Rena Tseriou Purple
12:15						Elementals Contemporary Team 12:00 - 13:00 Eleni Tseriou Blue
12:30						
12:45						Gangcers Hip-Hop Team 13:00 - 14:00 Rena Tseriou Purple
13:00						
13:15						
13:30						
13:45						

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 STUDIO Viantos: 8, Viantos Street, 2042 Strovolos

(25/26) Schedule Updated: 03/05/2025

[illegible]

	SCHEDULE FOR [ADULTS] 2025-26									
	Monday		Tuesday		Wednesday		Thursday		Friday	
7:30										
7:45			Pilates (Advanced)	Pilates (Intermediate)			Bosu 7:45 - 8:35	Pilates (Intermediate)	Pilates (Advanced) 7:45 - 8:35	
8:00			7:45 - 8:35	7:45 - 8:35			Viantos Red	7:45 - 8:35		
8:15							Viantos Yellow			
8:30			Eleni	Pavlina	Pilates (Beginners)	Pilates (Intermediate)	Eleni	Pavlina	Eleni	Viantos Red
8:45					8:30 - 9:30					Viantos Yellow
9:00					8:35 - 9:25	8:35 - 9:25				
9:15					Eleni	Pavlina				
9:30	Circuit 9:30 - 10:20		Pilates (Seniors) 9:35 - 10:25		Circuit 9:30 - 10:20		Pilates (Seniors) 9:35 - 10:25			
9:45							Sotia		Sotia	
10:00										
10:15	Eleni		Eleni		Eleni		Eleni			
10:30										
10:45										
11:00										
11:15										
15:00										
15:15										
15:30										
15:45										
16:00			Pilates (Intermediate) 16:00 - 17:00						Pilates (Intermediate) 16:00 - 17:00	
16:15										
16:30										
16:45			Pavlina						Pavlina	
17:00	Circuit 17:00 - 17:50		Pilates (Intermediate) 17:00 - 18:00		Circuit 17:00 - 17:50		Pilates (Intermediate) 17:00 - 18:00		Circuit 17:00 - 17:50	
17:15										
17:30										
17:45	Pavlina		Pavlina		Pavlina		Pavlina		Pavlina	
18:00	Pilates (Beginners) 18:00 - 18:50		Pilates (Intermediate) 18:00 - 19:00		Zumba Adults 18:00 - 18:50		Pilates (Beginners) 18:00 - 18:50		Pilates (Intermediate) 18:00 - 19:00	
18:15										
18:30										
18:45	Eleni		Pavlina		Daphne		Eleni		Pavlina	
19:00	Kangoo Jumps 19:00 - 19:50		Hip-Hop Adults (Beginners) 19:00 - 20:00		Pilates (Advanced) 19:00 - 20:00		Ballet Adults (Beginners) 19:00 - 20:00		Pilates (Advanced) 19:00 - 20:00	
19:15										
19:30										
19:45	Sotia		Maria		Maria		Eleni		Maria	
20:00	Contemporary Adults (Improvers) 20:00 - 21:00									
20:15										
20:30										
20:45	Rena									
21:00										
21:15										