

	SCHEDULE FOR [CHILDREN] 2025-26
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[illegible]

	SCHEDULE FOR [ADULTS] 2025-26																																				
	Monday				Tuesday				Wednesday				Thursday				Friday																				
7:30																																					
7:45	Pilates (Beginners) 7:45 - 8:35				Pilates (Advanced) 7:45 - 8:35		Pilates (Intermediate) 7:45 - 8:35						Bosu 7:45 - 8:35		Pilates (Intermediate) 7:45 - 8:35		Pilates (Advanced) 7:45 - 8:35																				
8:00																																					
8:15																																					
8:30	Pavlina	Tseriou Green	Pilates (Beginners) 8:35 - 9:25		Eleni	Viantos Red Viantos Yellow	Pavlina	Tseriou Blue Tseriou Purple	Pilates (Beginners) 8:35 - 9:25		Pavlina	Tseriou Green	Pilates (Beginners) 8:35 - 9:25		Eleni	Viantos Red Viantos Yellow	Pavlina	Tseriou Blue Tseriou Purple	Pilates (Advanced) 9:00 - 9:50																		
8:45																																					
9:00																																					
9:15			Pavlina		Tseriou Green				Eleni	Viantos Red Viantos Yellow	Pavlina	Tseriou Blue Tseriou Purple			Eleni	Viantos Red Viantos Yellow	Pavlina	Tseriou Blue Tseriou Purple																			
9:30	Circuit 9:30 - 10:20				Pilates (Seniors) 9:35 - 10:25				Kangoo Jumps 9:00 - 9:50		Tseriou Blue Tseriou Purple		Sotia		Circuit 9:30 - 10:20		Pilates (Seniors) 9:35 - 10:25		Kangoo Jumps 9:00 - 9:50																		
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15:00					Pilates (Beginners) 15:10 - 16:00				 TELEPHONE: 7000 7061 SMS/VIBER: 99 337066 WEB: EMOTIONCY.COM FACEBOOK: FB.COM/EMOTIONCY STUDIO TSERIOU: 8, TSERIOU AVENUE, 2042 SIROVOLOS STUDIO VIANOTOS: 8, VIANOTOS STREET, 2042 SIROVOLOS (25/26) Schedule Updated: 26/08/2025				Pilates (Beginners) 15:10 - 16:00																								
15:15																																					
15:30																																					
15:45																																					
16:00					Pilates (Intermediate) 16:00 - 16:50								Pilates (Intermediate) 16:00 - 16:50				Pilates (Intermediate) 16:00 - 16:50																				
16:15																																					
16:30																																					
16:45																																					
17:00	Circuit 17:00 - 17:50				Pilates (Intermediate) 17:00 - 17:50				Circuit 17:00 - 17:50				Pilates (Intermediate) 17:00 - 17:50				Circuit 17:00 - 17:50																				
17:15																																					
17:30																																					
17:45	Pavlina			Viantos Red Viantos Yellow		Pavlina			Viantos Red Viantos Yellow		Pavlina			Viantos Red Viantos Yellow		Pavlina			Viantos Red Viantos Yellow																		
18:00	Pilates (Beginners) 18:00 - 18:50		Pilates (Intermediate) 18:00 - 18:50		Zumba Adults 18:00 - 18:50		Pilates (Intermediate) 18:00 - 18:50		Zumba Adults 18:00 - 18:50		Pilates (Intermediate) 18:00 - 18:50		Ballet Adults (Improvers) 18:00 - 19:00		Pilates (Beginners) 18:00 - 18:50		Pilates (Intermediate) 18:00 - 18:50		Zumba Adults 18:00 - 18:50		Zumba Adults 18:00 - 18:50																
18:15																																					
18:30																																					
18:45	Eleni	Tseriou Green	Pavlina	Viantos Red Viantos Yellow	Fotini	Tseriou Purple	Pavlina	Viantos Violet	Daphne	Viantos Red Viantos Yellow	Pavlina	Viantos Red Viantos Yellow	Elena	Tseriou Blue Tseriou Purple	Eleni	Tseriou Blue Tseriou Purple	Pavlina	Viantos Violet	Daphne	Viantos Red Viantos Yellow	Fotini	Tseriou Purple	Viantos Red Viantos Yellow														
19:00	Kangoo Jumps 19:00 - 19:50		Pilates (Intermediate) 19:00 - 19:50		Hip-Hop Adults (Beginners) 19:00 - 20:00		Yoga 19:00 - 20:00		Pilates (Advanced) 19:00 - 19:50		Pilates (Intermediate) 19:00 - 19:50		Contemporary Adults (Beginners) 19:30 - 20:30		Kangoo Jumps 19:00 - 19:50		Pilates (Intermediate) 19:00 - 19:50		Commercial Heels Adults 19:00 - 20:00		Yoga 19:15 - 20:15		Pilates (Advanced) 19:00 - 19:50		Ballet Adults (Beginners) 19:00 - 20:00												
19:15																																					
19:30																																					
19:45	Sotia	Tseriou Purple	Maria	Viantos Red Viantos Yellow	Rena	Tseriou Green	Eleni	Viantos Violet	Maria	Viantos Red Viantos Yellow	Pavlina	Viantos Violet	Sotia	Tseriou Green	Pavlina	Viantos Red Viantos Yellow	Rena	Tseriou Blue Tseriou Purple	Eleni	Viantos Red Viantos Yellow	Maria	Viantos Red Viantos Yellow	Eleni	Tseriou Purple	Tseriou Blue Tseriou Purple												
20:00	Contemporary Adults (Improvers) 20:00 - 21:00																																				
20:15																																					
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