

	SCHEDULE FOR [CHILDREN] 2026-27
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

(2026-27) Schedule Updated: 18/07/2026

Contemporary Juniors (9-11 yrs) 9:00 - 10:00 Eleni Tseriou Blue	Modern Choreography Teens (11-14 yrs) 9:00 - 10:00 Elena Tseriou Purple	Commercial/Jazz Juniors (9-11 yrs) 9:15 - 10:00 Maria Tseriou Green	
	GR1 Ballet (8 yrs) 10:00 - 10:30 Tseriou Blue Eleni Tseriou Purple	Baby Ballerinas (4-5 yrs) 10:00 - 10:45 Elena, Maria Tseriou Green	Zumba Teens (11-14 yrs) 10:00 - 10:50 Vantios Red Vantios Yellow
	GR1 Modern (8 yrs) 10:30 - 11:00 Tseriou Blue Eleni Tseriou Purple		Sotia
	Commercial Teens (12-16 yrs) 11:00 - 12:00 Eleni Tseriou Blue	Jazz Divas Team 11:00 - 12:00 Elena Tseriou Purple	Hip-Hop Senior Teens (16+) 11:00 - 12:00 Rena Tseriou Green
Contemporary Senior Teens (15+ yrs) 12:00 - 13:00 Rena Tseriou Purple		Elementals Contemporary Team 12:00 - 13:00 Eleni Tseriou Blue	
Gangers Hip-Hop Team 13:00 - 14:00 Rena Tseriou Purple Tseriou Blue			

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GR1 Ballet NEW (8 yrs) 15:15 - 15:45 Elena Tseriou Purple	Commercial/ Jazz Kids (5-8 yrs) 15:15 - 16:00 Maria Tseriou Green				
GR1 Modern NEW (8 yrs) 15:45 - 16:15 Elena Tseriou Blue	Primary Ballet (7-8 yrs) 16:00 - 16:30 Eleni Tseriou Purple	Hip-Hop Kids (5-8 yrs) 16:00 - 17:00 Rena Tseriou Green	Modern Choreography Kids NEW (5-8 yrs) 15:45 - 16:30 Elena Tseriou Blue	Contemporary Kids NEW (7-10 yrs) 16:00 - 17:00 Maria Tseriou Purple	Hip-Hop Juniors 1 (9-11 yrs) 16:00 - 17:00 Rena Tseriou Green
GR5 Modern (12 yrs) 16:15 - 17:00 Elena Tseriou Blue	Primary Modern (7-8 yrs) 16:30 - 17:00 Eleni Tseriou Purple		GR3 Modern (10 yrs) 16:30 - 17:00 Elena Tseriou Blue	Contemporary Teens (12-14 yrs) 17:00 - 18:00 Elena Tseriou Purple	GR3 Ballet (10 yrs) 17:00 - 18:00 Tseriou Blue
GR1 Modern (8 yrs) 17:00 - 17:30 Elena Tseriou Blue	GR5 Ballet (12 yrs) 17:00 - 17:45 Eleni Tseriou Purple	Hip-Hop Juniors 3 (12-14 yrs) 17:00 - 18:00 Tseriou Green	Pre-Primary Ballet (5-6 yrs) 17:00 - 17:45 Maria, Rena Tseriou Green		
GR1 Ballet (8 yrs) 17:30 - 18:00 Elena Tseriou Blue		Zumba Kids (5-8 yrs) 17:15 - 18:00 Sotia Viantos Violet			
Zumba Teens (11-14 yrs) 18:00 - 18:50 Sotia Viantos Violet	Jazz Teens (13+ yrs) 18:00 - 19:00 Maria Tseriou Purple	Boogie Bouncers Hip Hop Team 18:00 - 19:00 Rena Tseriou Blue	Contemporary Teens (12-14 yrs) 18:00 - 19:00 Elena Tseriou Purple	Hip-Hop Juniors 4 (13-15 yrs) 18:00 - 19:00 Rena Tseriou Green	GR6 Ballet (13 yrs) 18:00 - 19:00 Tseriou Blue
Advanced 1 Ballet (16+ yrs) 19:00 - 20:00 Eleni Tseriou Green			GR6 Modern (13 yrs) 19:00 - 19:45 Elena Tseriou Green		

Hip-Hop Kids (5-8 yrs) 15:10 - 16:00 Rena Tseriou Green GR2 Ballet (9 yrs) 16:00 - 16:30 Eleni Tseriou Purple	GR1 Ballet (8 yrs) 15:30 - 16:00 Eleni Tseriou Purple	GR2 Modern (9 yrs) 15:30 - 16:00 Elena Tseriou Blue
	GR1 Modern (8 yrs) 16:00 - 16:30 Elena Tseriou Blue	Hip-Hop Juniors 2 (10-12 yrs) 16:00 - 17:00 Rena Tseriou Green
Pre-Primary Ballet (5-6 yrs) 16:30 - 17:15 Elena Tseriou Blue	Contemporary Juniors (9-11 yrs) 16:30 - 17:30 Eleni Tseriou Purple	Hip-Hop Teens (14-16 yrs) 17:00 - 18:00 Rena Tseriou Green
Primary Ballet NEW (6-7 yrs) 17:15 - 17:45 Maria Tseriou Blue	Advanced 2 Modern (16+ yrs) 17:40 - 18:30 Elena Tseriou Purple	Contemporary Boys & Girls (13-16 yrs) 18:00 - 19:00 Rena Tseriou Green
Primary Modern NEW (6-7 yrs) 17:45 - 18:15 Maria Tseriou Blue	Advanced 2 Ballet (16+ yrs) 18:30 - 19:30 Eleni Tseriou Purple	Groove Gods Hip-Hop Team 19:00 - 20:00 Rena Tseriou Green
Advanced 1 Modern (16+ yrs) 18:15 - 19:15 Elena Tseriou Blue		
Dynamites Contemporary Team 19:30 - 20:30 Eleni Tseriou Blue Tseriou Purple		

	SCHEDULE FOR [ADULTS] 2026-27									
	Monday		Tuesday		Wednesday		Thursday		Friday	
7:30										
7:45			Pilates (Advanced) 7:45 - 8:35				Bosu 7:45 - 8:35		Pilates (Advanced) 7:45 - 8:35	
8:00										
8:15										
8:30	Circuit 8:30 - 9:20		Eleni Viantos Red Viantos Yellow		Pilates (Intermediate) 8:35 - 9:25		Circuit 8:30 - 9:20		Eleni Viantos Red Viantos Yellow Pilates (Intermediate) 8:35 - 9:25	
8:45										
9:00										
9:15	Eleni Viantos Red Viantos Yellow				Eleni Viantos Red Viantos Yellow		Eleni Viantos Red Viantos Yellow		Eleni Viantos Red Viantos Yellow	
9:30	Pilates (Seniors) 9:30 - 10:20				Pilates (Seniors) 9:30 - 10:20					
9:45										
10:00										
10:15	Eleni Viantos Red Viantos Yellow				Eleni Viantos Red Viantos Yellow					
10:30										
10:45										
11:00										
11:15										
15:00					EMOTION DANCE AND HEALTH STUDIO TELEPHONE: 7000 7061 SMS/VIBER: 99 33/066 WEB: EMOTIONCY.COM FACEBOOK: FB.COM/EMOTIONCY STUDIO TSERIOU: 8, TSERIOU AVENUE, 2042 STROVOLOS STUDIO VIANOTOS: 4, VIANOTOS STREET, 2042 STROVOLOS (2026-27) Schedule Updated: 18/07/2026					
15:15										
15:30										
15:45										
16:00							Pilates (Intermediate) 16:00 - 16:50			
16:15										
16:30			Pilates (Intermediate) 16:30 - 17:20							
16:45							Viantos Red Viantos Yellow			
17:00			Eleni Viantos Red Viantos Yellow							
17:15										
17:30										
17:45										
18:00	Pilates (Intermediate) 18:10 - 19:00		Pilates (Intermediate) 18:00 - 18:50		Pilates (Intermediate) 18:00 - 18:50		Ballet Adults (Improvers) 18:00 - 19:00		Zumba Adults 18:00 - 18:50	
18:15										
18:30	Viantos Red Viantos Yellow		Anthia Viantos Violet		Daphne Viantos Red Viantos Yellow		Eleni Viantos Red Viantos Yellow		Elena Tseriou Green	
18:45	Eleni		Anthia Viantos Violet		Daphne Viantos Red Viantos Yellow		Eleni Viantos Red Viantos Yellow		Daphne Viantos Red Viantos Yellow	
19:00	Kangoo Jumps 19:00 - 19:50	Pilates (Intermediate) 19:00 - 19:50	Commercial Heels Adults 19:00 - 20:00	Pilates (Advanced) 19:00 - 19:50	Hip-Hop Adults (Beginners) 19:00 - 20:00		Kangoo Jumps 19:00 - 19:50	Pilates (Beginners) 19:00 - 19:50	Pilates (Advanced) 19:00 - 19:50	Contemporary Adults (Beginners) 19:00 - 20:00
19:15										
19:30										
19:45	Sotia Tseriou Green	Anthia Viantos Red Viantos Yellow	Maria Tseriou Blue	Anthia Viantos Red Viantos Yellow	Rena Tseriou Green	Eleni Tseriou Blue	Sotia Tseriou Blue Tseriou Purple	Anthia Viantos Red Viantos Yellow	Anthia Viantos Red Viantos Yellow	Eleni Tseriou Purple Tseriou Blue
20:00	Contemporary Adults (Improvers) 20:00 - 21:00		Hip-Hop Adults (Improvers) 20:00 - 21:00							
20:15										
20:30										
20:45	Rena Tseriou Blue Tseriou Purple		Rena Tseriou Green							
21:00										