

SCHEDULE FOR | CHILDREN | 2026-27

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



(2026-27) Schedule Updated: 10/09/2026

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
	Baby Ballerinas (4-5 yrs) 10:00 - 10:45 Elena, Maria Tseriou Green		Zumba Teens (11-14 yrs) 10:00 - 10:50 Viantos Red Viantos Yellow Sotia
	GR1 Modern (8 yrs) 10:30 - 11:00 Eleni Tseriou Blue Tseriou Purple		
	Baby Ballerinas (4-5 yrs) 11:00 - 11:45 Maria Tseriou Green		
Contemporary Senior Teens (15+ yrs) 12:00 - 13:00 Rena Viantos Red Viantos Yellow		Elementals Contemporary Team 12:00 - 13:00 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		Pilates (Intermediate) 8:35 - 9:25		Circuit 8:30 - 9:20		Pilates (Intermediate) 8:35 - 9:25		
Eleni			Eleni		Eleni		Eleni				
Eleni			Eleni		Eleni		Eleni				
8:45											
9:00											
9:15											
9:30	Pilates (Seniors) 9:30 - 10:20				Pilates (Seniors) 9:30 - 10:20						
9:45											
10:00											
10:15											
10:30											
10:45											
11:00											
11:15											
15:00					 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: 10/09/2026						
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			Eleni		Eleni		Circuit 16:45 - 17:30				
17:00			Eleni				Anthia				
17:15			Eleni				Pilates (Intermediate) 17:30 - 18:20				
17:30			Eleni								
17:45			Eleni								
18:00	Pilates (Intermediate) 18:10 - 19:00		Pilates (For All) 18:00 - 18:50		Zumba Adults 18:05 - 18:55		Pilates (Intermediate) 18:00 - 18:50		Zumba Adults 18:05 - 18:55		
18:15							Ballet Adults (Improvers) 18:00 - 19:00				
18:30			Anthia		Daphne		Eleni		Daphne		
18:45	Eleni		Anthia		Daphne		Eleni		Daphne		
19:00	Kangoo Jumps 19:00 - 19:50	Pilates (For All) 19:00 - 19:50	Commercial Heels Adults 19:00 - 20:00	Pilates (For All) 19:00 - 19:50	Hip-Hop Adults (Beginners) 19:00 - 20:00	Ballet Adults (Beginners) 19:15 - 20:15	Kangoo Jumps 19:00 - 19:50	Pilates (For All) 19:00 - 19:50	Pilates (For All) 19:00 - 19:50	Contemporary Adults (Beginners) 19:00 - 20:00	
19:15											
19:30											
19:45	Sotia	Anthia	Rena	Anthia	Rena		Sotia	Anthia	Anthia	Eleni	
20:00	Contemporary Adults (Improvers) 20:00 - 21:00		Hip-Hop Adults (Improvers) 20:00 - 21:00								
20:15											
20:30											
20:45											
21:00											