

SCHEDULE FOR [CHILDREN] 2024-25

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



TELEPHONE: 7000 7061
 SMS/VIBER: 99 337066
 WEB: EMOTIONCY.COM
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STUDIO Tseriou: 8, Tseriou Avenue, 2042 Strovolos
 STUDIO Viantos: 8, Viantos Street, 2042 Strovolos

Schedule Updated: 23/09/2024

Zumba Juniors (7-10 yrs)
 9:00 - 9:50
 Sotia Tseriou Blue Elena Tseriou Purple

Modern Choreography Juniors (9-12 yrs)
 9:00 - 10:00

Pre-Primary Ballet A (5-6 yrs)
 10:00 - 10:45
 Elena Tseriou Green

Zumba Teens (11-14 yrs)
 10:00 - 10:50
 Sotia Tseriou Purple Elena Tseriou Blue

Theatre Musical Teens (8-14 yrs)
 10:00 - 11:00
 Elena Tseriou Blue

Jazz Team 11:00 - 12:00
 Elena Tseriou Purple

Hip-Hop Senior Teens (15+)
 11:00 - 12:00
 Rena Tseriou Green Elena Tseriou Blue

Commercial Teens (11-16 yrs)
 11:00 - 12:00
 Elena Tseriou Blue

Contemporary Senior Teens (15+ yrs)
 12:00 - 13:00
 Rena Tseriou Purple

Greek Dance Kids (9-14 yrs)
 12:00 - 13:00
 Marios Tseriou Green Elena Tseriou Blue

Contemporary Juniors Team
 12:00 - 13:00
 Elena Tseriou Blue

Gangcers Hip-Hop Team
 13:00 - 14:00
 Rena Tseriou Purple Tseriou Blue

15:30 GR5 Modern (12 yrs)
 15:30 - 16:15
 Elena Tseriou Purple

16:00 GR5 Ballet (12 yrs)
 16:15 - 17:00
 Elena Tseriou Purple

17:00 GR3 Modern (10 yrs)
 17:00 - 17:45
 Elena Tseriou Purple

17:45 GR3 Ballet (10 yrs)
 17:45 - 18:30
 Elena Tseriou Purple

18:00 GR1 Ballet (8 yrs)
 17:00 - 17:45
 Elena Tseriou Blue

18:15 GR1 Modern (8 yrs)
 17:45 - 18:30
 Elena Tseriou Blue

19:00 Pointe Work (Intermediate & Advanced)
 19:00 - 19:30
 Elena Tseriou Blue

Hip-Hop Kids 2 (7-8 yrs)
 16:00 - 17:00
 Rena Tseriou Green

Primary Ballet (7-8 yrs)
 16:00 - 16:30
 Elena Tseriou Purple

Intermediate Ballet (14-15 yrs)
 17:00 - 18:00
 Elena Tseriou Purple

Intermediate Modern (14-15 yrs)
 18:00 - 19:00
 Elena Tseriou Blue

Hip-Hop Senior Teens (15+)
 18:00 - 19:00
 Rena Tseriou Green

Pointe Work (Intermediate & Advanced)
 19:00 - 19:30
 Elena Tseriou Blue

GR3 Ballet (10 yrs)
 16:15 - 17:00
 Elena Tseriou Purple

GR3 Modern (10 yrs)
 17:00 - 17:45
 Elena Tseriou Blue

GR1 Ballet (8 yrs)
 17:00 - 17:45
 Elena Tseriou Blue

GR1 Modern (8 yrs)
 17:45 - 18:30
 Elena Tseriou Blue

GR1 Ballet (8 yrs)
 17:00 - 17:45
 Elena Tseriou Blue

GR1 Modern (8 yrs)
 17:45 - 18:30
 Elena Tseriou Blue

GR3 Ballet (10 yrs)
 16:15 - 17:00
 Elena Tseriou Purple

GR3 Modern (10 yrs)
 17:00 - 17:45
 Elena Tseriou Blue

GR1 Ballet (8 yrs)
 17:00 - 17:45
 Elena Tseriou Blue

GR1 Modern (8 yrs)
 17:45 - 18:30
 Elena Tseriou Blue

GR1 Ballet (8 yrs)
 17:00 - 17:45
 Elena Tseriou Blue

GR1 Modern (8 yrs)
 17:45 - 18:30
 Elena Tseriou Blue

GR5 Ballet (12 yrs)
 16:15 - 17:00
 Elena Tseriou Purple

GR5 Modern (12 yrs)
 16:15 - 17:00
 Elena Tseriou Purple

GR1 Ballet (8 yrs)
 17:00 - 17:45
 Elena Tseriou Blue

GR1 Modern (8 yrs)
 17:45 - 18:30
 Elena Tseriou Blue

GR1 Ballet (8 yrs)
 17:00 - 17:45
 Elena Tseriou Blue

GR1 Modern (8 yrs)
 17:45 - 18:30
 Elena Tseriou Blue

Contemporary Kids (8-10 yrs)
 16:00 - 17:00
 Elena Tseriou Purple

Primary Ballet (7-8 yrs)
 16:00 - 16:30
 Elena Tseriou Blue

Intermediate Ballet (14-15 yrs)
 17:00 - 18:00
 Elena Tseriou Purple

Intermediate Modern (14-15 yrs)
 18:00 - 19:00
 Elena Tseriou Blue


Intermediate Modern (14-15 yrs)
 18:00 - 19:00
 Elena Tseriou Blue

Intermediate Modern (14-15 yrs)
 18:00 - 19:00
 Elena Tseriou Blue

Tseriou Purple

Tseriou Blue

SCHEDULE FOR [ADULTS] 2024-25

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Aerial Yoga 7:40 - 8:30 Eleni				
7:45					
8:00	Pilates (Beginners) 8:10 - 9:00 Pavlina	Pilates (Intermediate) 7:45 - 8:35 Pavlina	Pilates (Beginners) 8:10 - 9:00 Pavlina	Pilates (Intermediate) 7:45 - 8:35 Pavlina	Pilates (Intermediate) 7:45 - 8:35 Eleni
8:15					
8:30		Pilates (Intermediate) 8:35 - 9:25 Pavlina	Yoga 8:30 - 9:30 Eleni	Pilates (Intermediate) 8:35 - 9:25 Pavlina	
8:45					
9:00					
9:15					
9:30	Circuit 9:30 - 10:20 Eleni		Kangoo Jumps 9:00 - 9:50 Sotia	Circuit 9:30 - 10:20 Eleni	Kangoo Jumps 9:00 - 9:50 Sotia
9:45					
10:00					
10:15					
10:30	Pilates (Seniors) 10:30 - 11:20 Eleni		Pilates (Seniors) 10:30 - 11:20 Eleni		
10:45					
11:00					
11:15					
15:00	 <p>TELEPHONE: 7000 7061 SMS/VIBER: 99 337066 WEB: EMOTIONCY.COM FACEBOOK: FB.COM/EMOTIONCY</p> <p>STUDIO TSERIOU: 8, TSERIOU AVENUE, 2042 STROVOLOS STUDIO VIANTOS: 8, VIANTOS STREET, 2042 STROVOLOS</p> <p>Schedule Updated: 23/09/2024</p>				
15:15					
15:30					
15:45					
16:00					
16:15					
16:30					
16:45					
17:00	Circuit 17:00 - 17:50 Pavlina	Pilates (Intermediate) 17:00 - 18:00 Pavlina	Circuit 17:00 - 17:50 Pavlina	Pilates (Intermediate) 17:00 - 18:00 Pavlina	Pilates (Intermediate) 17:00 - 18:00 Pavlina
17:15					
17:30					
17:45					
18:00	Pilates (Intermediate) 18:00 - 19:00 Pavlina	Zumba Adults 18:00 - 18:50 Daphne	Ballet Adults (Improvers) 18:00 - 19:00 Elena	Pilates (Intermediate) 18:00 - 19:00 Pavlina	Zumba Adults 18:00 - 18:50 Daphne
18:15					
18:30	Pilates (Beginners) 18:40 - 19:40 Pavlina				
18:45					
19:00	Kangoo Jumps 19:00 - 19:50 Sotia	Hip-Hop Adults (Beginners) 19:00 - 20:00 Eleni	Pilates (Intermediate) 19:00 - 20:00 Maria	Pilates (Intermediate) 19:00 - 20:00 Pavlina	Pilates (Beginners) 18:00 - 19:00 Eleni
19:15					
19:30					
19:45					
20:00	Contemporary Adults (Improvers) 20:00 - 21:00 Rena				
20:15					
20:30					
20:45					
21:00					
21:15					