

SCHEDULE FOR [ CHILDREN ] 2024-25



TELEPHONE: 7000 7061  
 SMS/VIBER: 99 337066  
 WEB: EMOTIONCY.COM  
 FACEBOOK: FB.COM/EMOTIONCY

STUDIO Tseriou: 8, Tseriou Avenue, 2042 Strovolos  
 STUDIO Viantos: 8, Viantos Street, 2042 Strovolos

Schedule Updated: 23/08/2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00						Pre-Primary Ballet B (5-6 yrs) 9:00 - 9:45 Eleni Tseriou Green
9:15						Zumba Juniors (7-10 yrs) 9:00 - 9:50 Sotia Tseriou Blue
9:30						Modern Choreography Juniors (9-12 yrs) 9:00 - 10:00 Eleni Tseriou Purple
9:45						
10:00						Pre-Primary Ballet A (5-6 yrs) 10:00 - 10:45 Eleni Tseriou Green
10:15						Zumba Teens (11-14 yrs) 10:00 - 10:50 Sotia Tseriou Purple
10:30						Theatre Musical Teens (8-14 yrs) 10:00 - 11:00 Eleni Tseriou Blue
10:45						
11:00						Jazz Team 11:00 - 12:00 Eleni Tseriou Purple
11:15						Hip-Hop Senior Teens (15+) 11:00 - 12:00 Rena Tseriou Green
11:30						Commercial Teens (11-16 yrs) 11:00 - 12:00 Eleni Tseriou Blue
11:45						
12:00						Contemporary Senior Teens (15+ yrs) 12:00 - 13:00 Rena Tseriou Purple
12:15						Greek Dance Kids (9-14 yrs) 12:00 - 13:00 Marios Tseriou Green
12:30						Contemporary Juniors Team 12:00 - 13:00 Eleni Tseriou Blue
12:45						
13:00						Gangcers Hip-Hop Team 13:00 - 14:00
13:15						
13:30						
13:45						
15:00						
15:15						Baby Ballerinas (4-5 yrs) 15:15 - 16:00 Eleni Tseriou Green
15:30	GR5 Modern (12 yrs) 15:30 - 16:15 Eleni Tseriou Purple	GR4 Ballet (11 yrs) 15:30 - 16:15 Eleni Tseriou Blue				
15:45			Modern Choreography Kids (6-8 yrs) 15:30 - 16:15 Eleni Tseriou Blue	Hip-Hop Kids 1 (4-6 yrs) 15:30 - 16:15 Rena Tseriou Green	GR5 Modern (12 yrs) 15:30 - 16:15 Eleni Tseriou Purple	GR4 Ballet (11 yrs) 15:30 - 16:15 Eleni Tseriou Blue
16:00		Hip-Hop Kids 2 (7-8 yrs) 16:00 - 17:00 Rena Tseriou Green	Primary Ballet (7-8 yrs) 16:00 - 16:30 Eleni Tseriou Purple	Pre-Baby Ballerinas (3-4 yrs) 16:00 - 16:45 Eleni Tseriou Green	Hip-Hop Juniors 1 (9-10 yrs) 16:00 - 17:00 Rena Tseriou Blue	GR3 Ballet (10 yrs) 16:15 - 17:00 Eleni Tseriou Purple
16:15	GR5 Ballet (12 yrs) 16:15 - 17:00 Eleni Tseriou Purple	GR4 Modern (11 yrs) 16:15 - 17:00 Eleni Tseriou Blue	Primary Modern (7-8 yrs) 16:30 - 17:00 Eleni Tseriou Purple			Pre-Primary Ballet B (5-6 yrs) 16:15 - 17:00 Eleni Tseriou Blue
16:30						Baby Ballerinas (4-5 yrs) 16:15 - 17:00 Rena Tseriou Green
16:45						GR5 Ballet (12 yrs) 16:15 - 17:00 Eleni Tseriou Purple
17:00	GR3 Modern (10 yrs) 17:00 - 17:45 Eleni Tseriou Purple	GR1 Ballet (8 yrs) 17:00 - 17:45 Eleni Tseriou Blue	Hip-Hop Juniors 2 (10-11 yrs) 17:00 - 18:00 Rena Tseriou Green	Intermediate Ballet (14-15 yrs) 17:00 - 18:00 Eleni Tseriou Purple	Hip-Hop Teens (14+) 17:00 - 18:00 Rena Tseriou Green	Advanced 1 Modern (16+ yrs) 17:00 - 18:00 Eleni Tseriou Blue
17:15						GR3 Ballet (10 yrs) 17:00 - 17:45 Eleni Tseriou Purple
17:30						GR4 Modern (11 yrs) 17:00 - 17:45 Eleni Tseriou Blue
17:45	GR3 Ballet (10 yrs) 17:45 - 18:30 Eleni Tseriou Purple	GR1 Modern (8 yrs) 17:45 - 18:30 Eleni Tseriou Blue	Hip-Hop Senior Teens (15+) 18:00 - 19:00 Rena Tseriou Green	Intermediate Modern (14-15 yrs) 18:00 - 19:00 Eleni Tseriou Blue	Hip-Hop Juniors 3 (12-13 yrs) 18:00 - 19:00 Rena Tseriou Green	Advanced 1 Ballet (16+ yrs) 18:00 - 19:00 Eleni Tseriou Purple
18:00						GR3 Modern (10 yrs) 17:00 - 17:45 Eleni Tseriou Purple
18:15						Zumba Kids (6-8 yrs) 17:00 - 17:45 Sotia Viantos Violet
18:30						Hip-Hop Juniors 2 (10-11 yrs) 17:00 - 18:00 Rena Tseriou Green
18:45						Contemporary Boys Girls (13-16 yrs) 17:00 - 18:00 Eleni Tseriou Purple
19:00						Pre-Baby Ballerinas (3-4 yrs) 17:00 - 17:45 Rena Tseriou Green
19:15						GR1 Ballet (8 yrs) 17:00 - 17:45 Eleni Tseriou Blue
19:30						Contemporary Juniors (10-12 yrs) 17:00 - 18:00 Eleni Tseriou Purple
19:45						Intermediate Ballet (14-15 yrs) 17:00 - 18:00 Eleni Tseriou Purple
						Hip-Hop Teens (14+) 17:00 - 18:00 Rena Tseriou Green
						Advanced 1 Modern (16+ yrs) 17:00 - 18:00 Eleni Tseriou Blue
						Intermediate Modern (14-15 yrs) 18:00 - 19:00 Eleni Tseriou Blue
						Contemporary Boys & Girls (13-16 yrs) 18:00 - 19:00 Rena Tseriou Green
						Advanced 1 Ballet (16+ yrs) 18:00 - 19:00 Eleni Tseriou Purple
						Pointe Work (Intermediate & Advanced) 19:00 - 19:30 Eleni Tseriou Blue
						Contemporary Teens (12-14 yrs) 18:30 - 19:30 Eleni Tseriou Blue
						Groove Gods Hip-Hop Team 19:00 - 20:00 Rena Tseriou Green
						Dynamites Contemporary Team 19:00 - 20:00 Eleni Tseriou Purple

SCHEDULE FOR [ ADULTS ] 2024-25

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Aerial Yoga 7:40 - 8:30				
7:45		Pilates (Intermediate) 7:45 - 8:35	Yoga 7:45 - 8:35	Pilates (Intermediate) 7:45 - 8:35	Pilates (Intermediate) 7:45 - 8:35
8:00	Pilates (Beginners) 8:10 - 9:00	Pilates (Intermediate) 7:45 - 8:35	Pilates (Beginners) 8:10 - 9:00	Bosu 7:45 - 8:35	
8:15	Eleni	Pavlina	Eleni	Pavlina	Eleni
8:30	Pilates (Seniors) 8:40 - 9:30		Pilates (Seniors) 8:40 - 9:30		Yoga 8:35 - 9:35
8:45	Pavlina		Pavlina		
9:00			Kangoo Jumps 9:00 - 9:50		Kangoo Jumps 9:00 - 9:50
9:15	Eleni		Eleni		
9:30	Circuit 9:30 - 10:20		Circuit 9:30 - 10:20		
9:45			Sotia		Sotia
10:00					
10:15	Eleni		Eleni		
10:30					
10:45					
11:00					
15:00					
15:15					
15:30					
15:45					
16:00		Pilates (Beginners) 16:00 - 17:00			Pilates (Beginners) 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	Pilates (Intermediate) 17:00 - 18:00
17:15					
17:30					
17:45	Pavlina	Pavlina	Pavlina	Pavlina	Pavlina
18:00	Pilates (Intermediate) 18:00 - 19:00	Zumba Adults 18:00 - 18:50	Ballet Adults (Improvers) 18:00 - 19:00	Pilates (Intermediate) 18:00 - 19:00	Zumba Adults 18:10 - 19:00
18:15					
18:30	Zumba Adults 18:30 - 19:20	Pilates (Beginners) 18:00 - 19:00		Zumba Adults 18:00 - 18:50	Pilates (Beginners) 18:00 - 19:00
18:45	Pavlina	Daphne	Elena	Pavlina	Daphne
19:00	Hip-Hop Adults (Beginners) 19:00 - 20:00	Pilates (Intermediate) 19:00 - 20:00	Kangoo Jumps 19:00 - 19:50	Pilates (Intermediate) 19:00 - 20:00	Kangoo Jumps 19:00 - 19:50
19:15	Sotia				
19:30	Yoga 19:40 - 20:40	Kangoo Jumps 19:20 - 20:10		Commercial Heels Adults 19:00 - 20:00	
19:45	Rena	Maria	Sotia	Rena	Maria
20:00	Contemporary Adults (Improvers) 20:10 - 21:10	Contemporary Adults (Beginners) 20:00 - 21:00	Hip-Hop Adults (Improvers) 20:00 - 21:00		
20:15					
20:30	Eleni				
20:45					
21:00					



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 STUDIO VIANTOS: 8, VIANTOS STREET, 2042 STROVOLOS

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