

SCHEDULE FOR [CHILDREN] 2024-25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
9:00		 TELEPHONE: 7000 7061 SMS/VIBER: 99 337066 WEB: EMOTIONCY.COM FACEBOOK: FB.COM/EMOTIONCY STUDIO TSERIOU: 8, TSERIOU AVENUE, 2042 STROVOLOS STUDIO VANTOS: 8, VANTOS STREET, 2042 STROVOLOS Schedule Updated: 11/03/2025					Zumba Juniors (7-10 yrs) 9:00 - 9:50 Sotia Tseriou Blue Elena Tseriou Purple				
9:15							Modern Choreography Juniors (9-12 yrs) 9:00 - 10:00				
9:30											
9:45											
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	Theatre Musical Teens (8-14 yrs) 10:00 - 11:00 Elena Tseriou Blue		
10:15											
10:30											
10:45											
11:00									Commercial Teens (11-16 yrs) 11:00 - 12:00 Elena Tseriou Blue	Jazz Divas Team 11:00 - 12:00 Elena Tseriou Purple	Hip-Hop Senior Teens (15+) 11:00 - 12:00 Rena Tseriou Green
11:15											
11:30											
11:45											
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13:45											
15:00											
15:15											
15:30	GR4 Ballet (11 yrs) 15:30 - 16:15 Elena Tseriou Blue	GR5 Modern (12 yrs) 15:30 - 16:15 Elena Tseriou Purple	Hip-Hop Kids 1 (4-6 yrs) 15:30 - 16:15 Rena Tseriou Green	Modern Choreography Kids (6-8 yrs) 15:30 - 16:15 Elena Tseriou Blue	GR4 Ballet (11 yrs) 15:30 - 16:15 Elena Tseriou Blue	GR5 Modern (12 yrs) 15:30 - 16:15 Elena Tseriou Purple					
15:45											
16:00	GR5 Ballet (12 yrs) 16:15 - 17:00 Elena Tseriou Purple	GR4 Modern (11 yrs) 16:15 - 17:00 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	Pre-Baby Ballerinas (3-4 yrs) 16:00 - 16:45 Elena Tseriou Green	Hip-Hop Juniors 1 (9-10 yrs) 16:00 - 17:00 Rena Tseriou Blue					
16:15	GR5 Ballet (12 yrs) 16:15 - 17:00 Elena Tseriou Purple	GR4 Modern (11 yrs) 16:15 - 17:00 Elena Tseriou Blue	Primary Modern (7-8 yrs) 16:30 - 17:00 Elena Tseriou Purple	GR5 Ballet (12 yrs) 16:15 - 17:00 Elena Tseriou Purple	GR4 Modern (11 yrs) 16:15 - 17:00 Elena Tseriou Blue	GR5 Ballet (12 yrs) 16:15 - 17:00 Elena Tseriou Purple					
16:30											
16:45	GR5 Ballet (12 yrs) 16:15 - 17:00 Elena Tseriou Purple	GR4 Modern (11 yrs) 16:15 - 17:00 Elena Tseriou Blue	Primary Modern (7-8 yrs) 16:30 - 17:00 Elena Tseriou Purple	GR5 Ballet (12 yrs) 16:15 - 17:00 Elena Tseriou Purple	GR4 Modern (11 yrs) 16:15 - 17:00 Elena Tseriou Blue	GR5 Ballet (12 yrs) 16:15 - 17:00 Elena Tseriou Purple					
17:00	GR1 Ballet (8 yrs) 17:00 - 17:45 Elena Tseriou Blue	GR3 Modern (10 yrs) 17:00 - 17:45 Elena Tseriou Purple	Hip-Hop Juniors 2 (10-11 yrs) 17:00 - 18:00 Rena Tseriou Green	Hip-Hop Teens (14+) 17:00 - 18:00 Rena Tseriou Green	Intermediate Ballet (14-15 yrs) 17:00 - 18:00 Elena Tseriou Purple	Advanced 1 Modern (16+ yrs) 17:00 - 18:00 Elena Tseriou Blue					
17:15											
17:30	GR3 Ballet (10 yrs) 17:45 - 18:30 Elena Tseriou Purple	GR1 Modern (8 yrs) 17:45 - 18:30 Elena Tseriou Blue	Hip-Hop Senior Teens (15+) 18:00 - 19:00 Rena Tseriou Green	Hip-Hop Juniors 3 (12-13 yrs) 18:00 - 19:00 Rena Tseriou Green	Advanced 1 Ballet (16+ yrs) 18:00 - 19:00 Elena Tseriou Purple	Intermediate Modern (14-15 yrs) 18:00 - 19:00 Elena Tseriou Blue					
17:45											
18:00											
18:15											
18:30											
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19:45											

	SCHEDULE FOR [ADULTS] 2024-25														
	Monday			Tuesday			Wednesday			Thursday			Friday		
7:30	Aerial Yoga 7:40 - 8:30 Eleni														
7:45															
8:00															
8:15															
8:30				Pilates (Intermediate) 7:45 - 8:35 Pavlina			Pilates (Intermediate) 7:45 - 8:35 Eleni						Pilates (Intermediate) 7:45 - 8:35 Eleni		
8:45							Yoga 8:40 - 9:30 Eleni								
9:00							Kangoo Jumps 9:00 - 9:50 Sotia						Kangoo Jumps 9:00 - 9:50 Sotia		
9:15															
9:30	Circuit 9:30 - 10:20 Eleni						Circuit 9:30 - 10:20 Eleni								
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							EMOTION DANCE AND HEALTH STUDIO TELEPHONE: 7000 7061 SMS/VIBER: 99 337066 WEB: EMOTIONCY.COM FACEBOOK: FB.COM/EMOTIONCY SCHEDULE UPDATED: 11/03/2025 STUDIO TSERIOU: 8, TSERIOU AVENUE, 2042 SIROVOLOS STUDIO VIANIOS: 8, VIANIOS STREET, 2042 SIROVOLOS								
15:15															
15:30															
15:45															
16:00				Pilates (Beginners) 16:00 - 17:00 Pavlina						Pilates (Beginners) 16:00 - 17:00 Pavlina					
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			Circuit 17:00 - 17:50 Pavlina		
17:15															
17:30															
17:45															
18:00	Pilates (Intermediate) 18:00 - 19:00 Pavlina			Zumba Adults 18:00 - 18:50 Daphne			Pilates (Beginners) 18:00 - 19:00 Pavlina			Zumba Adults 18:00 - 18:50 Daphne			Pilates (Intermediate) 18:00 - 19:00 Pavlina		
18:15															
18:30	Yoga 18:40 - 19:40 Pavlina						Ballet Adults (Improvers) 18:00 - 19:00 Elena			Pilates (Intermediate) 18:00 - 19:00 Pavlina					
18:45															
19:00	Kangoo Jumps 19:00 - 19:50 Sotia			Hip-Hop Adults (Beginners) 19:00 - 20:00 Rena			Pilates (Intermediate) 19:00 - 20:00 Maria			Pilates (Intermediate) 19:00 - 20:00 Maria					
19:15															
19:30															
19:45															
20:00	Contemporary Adults (Improvers) 20:00 - 21:00 Rena			Greek Dance Adults 20:15 - 21:15 Marios			Hip-Hop Adults (Improvers) 20:00 - 21:00 Rena								
20:15															
20:30															
20:45															
21:00															
21:15															