



GROUP CLASS SCHEDULE OKTOPUS CITY MALL BRANCH

APRIL, 2024

MONDAY	08:00 - 08:50	PILATES	KRISTI B.	MS
	09:00 - 10:00	PILATES	KRISTI B.	MS
	10:15 - 11:15	STRETCHING	ANASTASIA M.	MS
	11:30 - 12:15	FUNCTIONAL PILATES	ANKA D.	MS
	12:30 - 13:30	YOGA PILATES	NATALIA M.	MS
	16:30 - 17:30	KIDS PILATES	NATALIA M.	MS
	19:00 - 19:45	POWER PILATES	ANKA D.	MS
	19:30 - 20:00	BOXING	NIKA SH.	BA
	20:00 - 21:00	FRUNCTIONAL TRAINING	ANKA D.	MS
	20:00 - 21:00	HATHA YOGA	ANANO M.	MS
	20:00 - 20:30	SPIN@RIRI	SANDRO S.	MS
	20:30 - 21:00	SPIN & BRITNEY VS GAGA	SANDRO S.	MS
	21:00 - 21:30	TOTAL ABS	SANDRO M.	MS
	21:00 - 22:00	BODY BALLET	VIKA K.	MS

TUESDAY	08:00 - 09:15	YOGA MIX	ZURA K.	MS
	09:30 - 10:45	YOGA MIX	ZURA K.	MS
	11:00 - 11:45	SQUATS	TAKO J.	MS
	13:00 - 14:00	FLOW PILATES	NATALIA M.	MS
	16:30 - 17:30	KIDS GYMNASIIC PAID CLASS	TAMTA B.	MS
	18:00 - 19:00	PILATES	SALOME B.	MS
	19:00 - 19:45	BALANCE BODY PILATES	KRISTINA I.	MS
	19:30 - 20:00	BOXING	NIKA SH.	BA
	20:00 - 21:00	PILATES MATT	KRISTINA I.	MS
	20:00 - 20:30	SPIN@90S	SANDRO S.	MS
	20:00 - 20:30	TOTAL ABS	IRAKLI T.	MS
	20:30 - 21:00	TOTAL ABS	IRAKLI T.	MS
	20:30 - 21:00	SPIN@SUPERBOWL	SANDRO S.	MS
	21:00 - 22:00	SQUATS	NINI G.	MS

WEDNESDAY	08:00 - 08:50	PILATES	KRISTI B.	MS
	09:00 - 10:00	PILATES	KRISTI B.	MS
	10:15 - 11:15	STRETCHING YOGA	ANASTASIA M.	MS
	11:30 - 12:15	FUNCTIONAL PILATES	ANKA D.	MS
	12:30 - 13:30	BIG BALL PILATES	NATALIA M.	MS
	16:30 - 17:30	KIDS PILATES	NATALIA M.	MS
	19:00 - 19:45	POWER PILATES	ANKA D.	MS
	19:30 - 20:00	BOXING	NIKA SH.	BA
	20:00 - 21:00	FUNCTIONAL TRAINING	ANKA D.	MS
	20:00 - 21:00	HATHA YOGA	ANANO M.	MS
	20:00 - 20:30	SPIN@DUALIPA	SANDRO S.	MS
	20:30 - 21:00	SPIN@COACHELLA	SANDRO S.	MS
	21:00 - 21:30	HIIT LEVEL 2	SHAKO KH.	FA
	21:00 - 22:00	BODY BALLET	VIKA K.	MS
21:30 - 22:00	TOTAL ABS	SHAKO KH.	MS	

SIGNATURE CLASSES, ACCLAIMED INSTRUCTORS, TRANSFORMED BODIES.

CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE. ADVANCE BOOKING REQUIRED. VISIT OKTOPUS.GE OR DOWNLOAD THE APP TO MANAGE YOUR BOOKINGS AND FIND NEW OBSESSIONS





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APRIL, 2024

THURSDAY	08:00 - 09:15	YOGA MIX	ZURA K.	MS
	09:30 - 10:45	YOGA MIX	ZURA K.	MS
	11:00 - 11:45	SQUATS	TAKO J.	MS
	13:00 - 14:00	POWER PILATES	NATALIA M.	MS
	16:30 - 17:30	KIDS GYMNASTIC PAID CLASS	TAMTA B.	MS
	18:00 - 19:00	PILATES	SALOME B.	MS
	19:00 - 19:45	BALANCE BODY PILATES	KRISTINA I.	MS
	19:30 - 20:00	BOXING	NIKA SH.	BA
	20:00 - 21:00	PILATES MATT	KRISTINA I.	MS
	20:00 - 20:30	SPIN@MADONNA VS JLO	SANDRO S.	MS
	20:00 - 20:30	TOTAL ABS	MERAB M.	MS
	20:30 - 21:00	SPIN@OKTOPUSMASHUP	SANDRO S.	MS
	21:00 - 22:00	SQUATS	NINI G.	MS

FRIDAY	08:00 - 08:50	PILATES	KRISTI B.	MS
	09:00 - 10:00	PILATES	KRISTI B.	MS
	10:15 - 11:15	STRETCHING YOGA	ANASTASIA M.	MS
	12:30 - 13:30	BARRE PILATES	NATALIA M.	MS
	16:30 - 17:30	KIDS PILATES	NATALIA M.	MS
	18:00 - 19:00	FUNCTIONAL TRAINING	ANKA D.	MS
	19:30 - 20:00	BOXING	NIKA SH.	BA
	20:00 - 21:00	HATHA YOGA	ANANO M.	MS
	20:00 - 20:30	SPIN@TECH HOUSE	SANDRO S.	MS
	20:00 - 20:30	TOTAL ABS LEVEL 2	GIORGI O.	MS
	20:30 - 21:00	SPIN@DISCO 70S	SANDRO S.	MS
21:00 - 22:00	BODY BALLET	VIKA K.	MS	

SATURDAY	09:00 - 10:00	YOGA MIX	ZURA K.	MS
	10:30 - 11:45	YOGA MIX	ZURA K.	MS
	12:00 - 13:00	RELAX PILATES	NATALIA M.	MS
	14:00 - 14:30	TOTAL ABS	SANDRO M.	MS
	14:00 - 14:50	LATINO DANCE	INDIRA R.	MS
	15:30 - 16:30	KIDS GYMNASTIC PAID CLASS	TAMTA B.	MS

SUNDAY	13:00 - 14:00	HATHA YOGA	ANANO M.	MS
	13:00 - 14:00	TOTAL ABS	IRAKLI T.	MS
	14:00 - 14:50	LATINO DANCE	INDIRA R.	MS

CLASS LEVEL GUIDE
L2 - INTERMEDIATE
L3 - ADVANCED
☹ - PAID CLASS

STUDIO KEY
MS - MAIN STUDIO
FA - FUNCTIONAL AREA
RS - REFORMER STUDIO