



# GROUP CLASS SCHEDULE OKTOPUS MZIURI BRANCH

APRIL, 2024

<b>MONDAY</b>	09:30 - 10:30	FLOW PILATES (♾️)	NATALIA M.	MS
	10:45 - 12:00	YOGA	ZURA K.	MS
	12:15 - 13:30	YOGA MIX	ZURA K.	MS
	14:00 - 15:00	YOGA WHEEL	NINI K.	MS
	18:30 - 19:00	STEP AEROBICS	ELENE J.	MS
	19:30 - 20:30	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	19:15 - 20:15	FITNES YOGA	ZURA K.	CS
	20:30 - 21:45	YOGA MIX	ZURA K.	MS
	21:00 - 21:30	TOTAL ABS	SABA D.	MS

<b>TUESDAY</b>	09:00 - 10:00	SQUATS + TOTAL ABS	ANKA D.	MS
	10:15 - 11:15	YOGA FLOW	NINI K.	MS
	11:30 - 12:30	BODY BALLET	VIKA K.	MS
	12:45 - 13:35	PILATES	KETI K.	MS
	14:40 - 15:40	FLOW PILATES	NATALIA M.	MS
	16:15 - 17:15	KIDS GYMNASTICS	NINI M.	MS
	19:30 - 20:00	FUNCTIONAL TRAINING	ANKA D.	FA
	19:00 - 19:45	STRETCHING	MARIAM I.	MS
	20:00 - 20:45	SQUATS	MARIAMI C.	MS
	21:00 - 21:30	TOTAL ABS	SABA D.	MS
	21:30 - 22:15	LATINO DANCE	INDIRA R.	MS

<b>WEDNESDAY</b>	09:30 - 10:30	BIG BALL PILATES (♾️)	NATALIA M.	MS
	10:45 - 12:00	YOGA	ZURA K.	MS
	12:15 - 13:30	YOGA MIX	ZURA K.	MS
	14:00 - 15:00	YOGA WHEEL	NINI K.	MS
	18:30 - 19:00	STEP AEROBICS	ELENE J.	MS
	19:30 - 20:30	HIIT	GRETA J.	FA
	19:15 - 20:15	FITNES YOGA	ZURA K.	CS
	20:30 - 21:45	YOGA MIX	ZURA K.	MS
	21:00 - 21:30	TOTAL ABS	LEVAN L.	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





# GROUP CLASS SCHEDULE OKTOPUS MZIURI BRANCH

APRIL, 2024

<b>THURSDAY</b>	09:00 - 10:00	SQUATS + TOTAL ABS	ANKA D.	MS
	10:15 - 11:15	YOGA FLOW	NINI K.	MS
	11:30 - 12:30	BODY BALLET	VIKA K.	MS
	12:45 - 13:35	PILATES	KETI K.	MS
	14:40 - 15:40	BIG BALL PILATES	NATALIA M.	MS
	16:15 - 17:15	KIDS GYMNASTICS	NINI M.	MS
	19:30 - 20:30	FUNCTIONAL TRAINING	ANKA D.	FA
	19:00 - 19:45	STRETCHING	MARIAMI I.	MS
	20:00 - 20:45	SQUATS	MARIAMI C.	MS
	21:00 - 21:30	TOTAL ABS	LEVAN L.	MS
	21:30 - 22:15	LATINO DANCE	INDIRA R.	MS

<b>FRIDAY</b>	09:00 - 09:45	SQUATS + TOTAL ABS	NATALIA M.	MS
	09:30 - 10:30	BARRE PILATES (☞)	NATALIA M.	MS
	10:45 - 12:00	YOGA	ZURA K.	MS
	12:15 - 13:30	YOGA MIX	ZURA K.	MS
	14:00 - 15:00	YOGA WHEEL	NINI K.	MS
	19:30 - 20:30	DUMBBELL CROSSFIT WORKOUT	ELENE J.	FA
	19:15 - 20:15	YOGA	ZURA K.	MS
	20:30 - 21:45	YOGA MIX	ZURA K.	MS

<b>SATURDAY</b>	10:45 - 11:45	BODY BALLET	VIKA K.	MS
	12:00 - 12:45	FUNCTIONAL PILATES	KRISTI B.	MS
	13:00 - 13:45	STRONG NATION	KRISTI B.	MS
	14:00 - 14:45	BODY BALANCE PILATES	KRISTINE I.	MS

<b>SUNDAY</b>	10:15 - 11:00	TIBETIAN BOWL YOGA	ANASTASIA M.	MS
	11:15 - 12:00	BARRE BALLET	MARIAM G.TIKO R.	MS
	13:30 - 14:00	SQUATS	MARIAM I.	MS
	14:00 - 15:00	KIDS GYMNASTICS	NINI M.	MS
	15:16 - 16:15	SOUND HEALING	LIKA E.	MS

**CLASS LEVEL GUIDE**  
L2 - INTERMEDIATE  
L3 - ADVANCED  
☞ - PAID CLASS

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