



GROUP CLASS SCHEDULE OKTOPUS SABURTALO BRANCH

APRIL, 2024

MONDAY	08:00 - 08:50	YOGA	DODUKA G.	MS
	09:00 - 09:45	POWER PILATES	ANKA D.	MS
	10:00 - 10:45	PILATES	ANKA D.	MS
	11:00 - 11:45	STRONG NATION	KRISTI B.	MS
	12:00 - 12:45	FUNCTIONAL PILATES	KRISTI B.	MS
	18:00 - 19:00	YOGA	ANASTASIA L.	MS
	19:00 - 19:30	SPINNING	NANO M.	CS
	19:00 - 19:45	SYNERGY 360	BEKA B.	FA
	19:00 - 20:00	BODY BALLET	VIKA K.	MS
	19:45 - 20:30	SPINNING	NANO M.	CS
	20:00 - 20:45	BOXING	BEKA B.	BA
	20:10 - 20:55	ZUMBA	KETI Z.	MS
	20:30 - 21:15	SPINNING	NANO M.	CS
	21:00 - 21:45	GEO DANCE	TIKO R.	MS
	22:00 - 22:30	TOTAL ABC	BEKA B.	MS

TUESDAY	08:00 - 08:45	SOFT PILATES	KRISTINE I.	MS
	09:00 - 09:45	INTENSIVE PILATES	KRISTINE I.	MS
	10:00 - 10:45	STRETCHING	NINO M.	MS
	11:15 - 12:30	YOGA	ZURA K.	MS
	12:45 - 14:00	YOGA	ZURA K.	MS
	18:00 - 18:50	YOGA	ANASTASIA L.	MS
				MS
	19:00 - 19:45	SYNEGY 360	NIKA T.	FA
	19:00 - 19:45	SPINNING	NANO M.	CS
	20:00 - 20:45	SQUATS	MANUKI B.	MS
	20:00 - 20:45	BOXING	BEKA B.	BA
	21:00 - 21:45	HIIT	DAVID T.	MS
	19:45 - 20:30	SPINNING	NANO M.	CS
	22:00 - 22:30	TOTAL ABS	NIKA T.	MC

WEDNESDAY	08:00 - 08:50	YOGA	DODUKA G.	MS
	09:00 - 09:45	POWER PILATES	ANKA D.	MS
	10:00 - 10:45	PILATES	ANKA D.	MS
	11:00 - 11:45	STRONG NATION	KRISTI B.	MS
	12:00 - 12:45	FUNCTIONAL PILATES	KRISTI B.	MS
	18:00 - 19:00	YOGA	ANASTASIA L.	MS
	19:00 - 19:30	SPINNING	NANO M.	CS
	19:00 - 19:45	SYNERGY 360	DAVIT T.	FA
	19:00 - 20:00	BODY BALLET	VIKA K.	MS
	19:45 - 20:30	SPINNING	NANO M.	CS
	20:00 - 20:45	BOXING	BEKA B.	BA
	20:10 - 20:55	ZUMBA	KETI Z.	MS
	20:30 - 21:15	SPINNING	NANO M.	CS
	21:00 - 21:45	GEO DANCE	TIKO R.	MS
	22:00 - 22:30	TOTAL ABC	BEKA B.	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 SABURTALO BRANCH

APRIL, 2024

THURSDAY	08:00 - 08:45	SOFT PILATES	KRISTINE I.	MS
	09:00 - 09:45	INTENSIVE PILATES	KRISTINE I.	MS
	10:00 - 10:45	STRETCHING	NINO M.	MS
	11:15 - 12:30	YOGA	ZURA K.	MS
	12:45 - 14:00	YOGA	ZURA K.	MS
	18:00 - 18:50	YOGA	ANSTASIA L.	MS
				FA
	19:00 - 19:45	SYNEGY 360	BEKA B.	FA
	19:00 - 19:45	SPINNING	NANO M.	CS
	20:00 - 20:45	SQUATS	MANUKI B.	MS
	20:00 - 20:45	BOXING	BEKA B.	BA
	19:45 - 20:30	SPINNING	NANO M.	CS
	21:00 - 22:15	HIIT	MAMUKA G.	MS

FRIDAY	08:00 - 08:50	YOGA	DODUKA G.	MS
	09:00 - 09:45	SOFT PILATES	KRISTINE I.	MS
	10:00 - 10:45	INTENSIVE PILATES	KRISTINE I.	MS
	11:00 - 11:45	STRONG NATION	KRISTI B.	MS
	12:00 - 12:45	FUNCTIONAL PILATES	KRISTI B.	MS
	18:00 - 19:00	YOGA	ANASTASIA L.	MS
	19:00 - 19:30	SPINNING	NANO M.	CS
	19:00 - 20:00	BODY BALLET	VIKA K.	MS
	19:45 - 20:30	SPINNING	NANO M.	CS
	20:00 - 20:45	BOXING	BEKA B.	BA
	20:10 - 20:55	ZUMBA	KATE Z.	MS
	21:00 - 21:45	GEO DANCE	TIKO R.	MS
22:00 - 22:30	TOTAL ABS/LEVEL 2	GIORGI B.	MS	

SATURDAY	10:00 - 10:45	SOFT PILATES	KRISTINE I.	MS
	11:00 - 11:45	INTENSIVE PILATES	KRISTINE I.	MS
	12:30 - 13:45	FITNESS YOGA	ZURA K.	MS
	14:00 - 15:15	CONNECTED BREATHWORK	ZURA K.	MS
	15:00 - 15:45	TOTAL ABS	BEKA SH.	FA
	16:00 - 16:45	TOTAL ABS/LEVEL 2	BEKA SH.	FA
				FA
				FA
	17:00 - 17:45	FUNCTIONAL TRAINING	GIOGRGI B.	MS
18:00 - 18:50	ZUMBA	KETI Z.	FA	

SUNDAY	12:00 - 13:15	YOGA	DODUKA G.	MS
	13:30 - 14:15	SQUATS	MARIAM K.	MS
	14:30 - 15:00	TOTAL ABS	MARIAM K.	FA
	15:00 - 15:45	RELAX YOGA	AMASTASIA M.	MS
	15:15 - 16:00	SYNERGY 360	NIKA T.	MS
	16:00 - 16:45	KUNDALINI BREATHWORK	ANASTASIA M.	MS

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

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