



# GROUP CLASS SCHEDULE OKTOPUS VAKE BRANCH

APRIL, 2024

<b>MONDAY</b>	08:00 - 09:00	YOGA MIX	ZURA K.	MS
	09:15 - 10:05	BODY BALANCE PILATES	SALOME B.	MS
	10:15 - 11:05	PILATES	SALOME B.	MS
	13:30 - 14:15	BODY WORK	KRISTI B.	MS
	16:30 - 17:45	YOGA	ZURA K.	MS
	18:00 - 18:50	YOGA PILATES	NATALIA M.	MS
	19:00 - 20:00	PILATES	NATALIA M.	MS
	20:15 - 21:05	ENERGIZE BALANCE PILATES	SALOME B.	MS
	21:15 - 22:05	PILATES	SALOME B.	MS

<b>TUESDAY</b>	09:15 - 10:00	PILATES BEGINNER	KRISTI B.	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	10:45 - 11:30	FUNCTIONAL PILATES	ANKA D.	MS
	11:45 - 12:30	SQUATS	ANKA D.	MS
	13:15 - 14:15	BODY BALLET	VIKA K.	MS
	19:00 - 19:45	STRETCHING	TAMUNA R.	MS
	19:00 - 19:50	HIIT	GRETA J.	FA
	20:00 - 21:00	DUMBBELL CROSFIT WORK	GRETA J.	FA
	20:00 - 20:50	POWER YOGA	ANASTASIA J.	MS
	21:00 - 21:50	HATHA YOGA	ANASTASIA J.	MS
	22:00 - 22:30	TOTAL ABS	ANDRIA B.	MS

<b>WEDNESDAY</b>	08:00 - 09:00	YOGA MIX	ZURA K.	MS
	09:15 - 10:05	BODY BALANCE PILATES	SALOME B.	MS
	10:15 - 11:05	PILATES	SALOME B.	MS
	13:30 - 14:15	BODY WORK	KRISTI B.	MS
	16:30 - 17:45	YOGA	ZURA K.	MS
	18:00 - 18:50	FLOW PILATES	NATALIA M.	MS
	19:00 - 20:00	PILATES	NATALIA M.	MS
	20:15 - 21:05	ENERGIZE BALANCE PILATES	SALOME B.	MS
	21:15 - 22:05	PILATES	SALOME B.	MS
	22:00 - 22:40	TOTAL ABS	IOSEB M.	MS

SIGNATURE CLASSES, ACCLAIMED INSTRUCTORS, TRANSFORMED BODIES.

CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE. ADVANCE BOOKING REQUIRED. VISIT [OKTOPUS.GE](http://OKTOPUS.GE) OR DOWNLOAD THE APP TO MANAGE YOUR BOOKINGS AND FIND NEW OBSESSIONS





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APRIL, 2024

<b>THURSDAY</b>	09:15 - 10:00	PILATES	KRISTI B.	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	10:45 - 11:30	FUNCTIONAL PILATES	ANKA D.	MS
	11:45 - 12:30	SQUATS ABS	ANKA D.	MS
	13:15 - 14:15	BODY BALLET	VIKA K.	MS
	19:00 - 19:45	STRETCHING	TAMUNA R.	MS
	19:00 - 19:50	HIIT	GRETA J.	FA
	20:00 - 21:00	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	20:00 - 20:50	POWER YOGA	ANASTASIA M.	MS
	21:00 - 21:30	TOTAL ABS	SERGI D.	FA
	21:00 - 21:50	HATHA YOGA	ANASTASIA M.	MS

<b>FRIDAY</b>	08:00 - 09:00	YOGA MIX	ZURA K.	MS
	09:15 - 10:05	BODY BALANCE PILATES	SALOME B.	MS
	10:15 - 11:05	PILATES	SALOME B.	MS
	10:30 - 11:15	SQUATS	ANKA D.	MS
	13:30 - 14:15	BODY WORK	KRISTI B.	MS
	16:30 - 17:45	YOGA	ZURA K.	MS
	18:00 - 18:50	BARRE PILATES	NATALIA M.	MS
	19:00 - 20:00	PILATES	NATALIA M.	MS
	20:15 - 21:05	ENERGIZE BALANCE PILATES	SALOME B.	MS
21:15 - 22:05	PILATES	SALOME B.	MS	

<b>SATURDAY</b>	10:00 - 10:45	PILATES BEGINNER	KRISTI B.	MS
	10:45 - 11:30	STRONG NATION	KRISTI B.	MS
	12:30 - 13:30	BODY BALLET	VIKA K.	MS
	12:30 - 13:20	HIIT	GRETA J.	FA
	13:30 - 14:30	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	14:00 - 15:00	YOGA	DODUKA G.	MS

<b>SUNDAY</b>	11:30 - 12:30	HATHA YOGA	ANASTASIA M.	MS
	13:00 - 13:45	PILATES BALLET	MARIAM G.	MS
	13:50 - 14:35	BARRE BALLET	MARIAM G.	MS
	17:00 - 18:15	YOGA	DODUKA G.	MS

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

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