



# GROUP CLASS SCHEDULE

## OKTOPUS CITY MALL BRANCH

### MARCH, 2024

<b>MONDAY</b>	08:00 – 08:50	PILATES	KRISTI B.	<b>MS</b>
	10:00 – 11:00	STRETCHING YOGA	ANASTASIA M.	<b>MS</b>
	11:30 – 12:20	FUNCTIONAL PILATES	ANKA D.	<b>MS</b>
	12:30 – 13:30	YOGA PILATES	NATALIA M.	<b>MS</b>
	16:30 – 17:20	KIDS PILATES (👶)	NATALIA M.	<b>MS</b>
	19:00 – 19:45	POWER PILATES	ANKA D.	<b>MS</b>
	19:30 – 20:15	BOXING	NIKA SH.	<b>FA</b>
	20:00 – 21:00	FUNCTIONAL TRAINING	ANKA D.	<b>FA</b>
	20:00 – 20:30	SPIN @ RIRI	SANDRO S.	<b>CS</b>
	20:00 – 21:00	HATHA YOGA	ANANO M.	<b>MS</b>
	20:30 – 21:00	SPIN @ BRITNEY VS GAGA	SANDRO S.	<b>CS</b>
	21:00 – 21:30	TOTAL ABS	SANDRO M.	<b>FA</b>
	21:00 – 22:00	BODY BALLET	VIKA K.	<b>MS</b>

<b>TUESDAY</b>	08:00 – 09:15	YOGA MIX	ZURA K.	<b>MS</b>
	09:30 – 10:45	YOGA MIX	ZURA K.	<b>MS</b>
	11:00 – 11:45	SQUATS	TAKO J.	<b>MS</b>
	13:00 – 14:00	FLOW PILATES	NATALIA M.	<b>MS</b>
	18:00 – 19:00	PILATES	SALOME B.	<b>MS</b>
	19:00 – 19:45	BALANCE BODY PILATES	KRISTINA I.	<b>MS</b>
	19:00 – 19:30	SPIN @ SUPERBOWL	SANDRO S.	<b>CS</b>
	19:30 – 20:15	BOXING	NIKA S.	<b>FA</b>
	20:00 – 20:30	SPIN @ 90S	SANDRO S.	<b>CS</b>
	20:00 – 21:00	PILATES MAT	KRISTINA I.	<b>MS</b>
	20:00 – 20:30	TOTAL ABS	IRAKLI T.	<b>MS</b>
	20:30 – 21:00	TOTAL ABS	IRAKLI T.	<b>MS</b>
	21:00 – 22:00	SQUATS	NINI G.	<b>MS</b>

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



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### MARCH, 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
	18:00 – 19:00	PILATES	SALOME B.	MS
	19:00 – 19:45	BALANCE BODY PILATES	KRISTINA I.	MS
	19:30 – 20:15	BOXING	NIKA S.	FA
	20:00 – 21:00	PILATES MAT	KRISTINA I.	MS
	20:00 – 20:30	SPIN @ MADONNA	SANDRO S.	CS
	20:00 – 20:30	TOTAL ABS	MERAB M.	MS
	20:30 – 21:00	SPIN @ OKTOPUS MASHUP	SANDRO S.	CS
	21:00 – 22:00	SQUATS	NINI G.	MS

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

SATURDAY	09:30 – 10:45	YOGA	ZURAK.	MS
	10:30 – 11:30	YOGA	ZURAK.	MS
	12:00 – 13:00	RELAX PILATES	NATALIA M.	MS
	14:00 – 14:30	TOTAL ABS	SANDRO M	FA
	14:00 – 14:50	LATINO DANCE	INDIRA R.	MS

SUNDAY	13:00 – 14:00	HATHA YOGA	ANASTASIA M.	MS
	13:00 – 13:30	TOTAL ABS	IRAKLI T.	FA
	13:00 – 14:00	HATHA YOGA	ANASTASIA M.	FA

**SIGNATURE CLASSES. ACCLAIMED INSTRUCTORS. TRANSFORMED BODIES.**

#### CLASS LEVEL GUIDE

- L1 – BEGINNER
- L2 – INTERMEDIATE
- L3 – ADVANCED

#### STUDIO KEY

- MS – MAIN STUDIO
- FA – FUNCTIONAL AREA
- CS – CYCLING STUDIO

**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**

