



GROUP CLASS SCHEDULE

OKTOPUS SANDRO EULI BRANCH

DECEMBER, 2025

MONDAY	08:00 - 08:50	MORNING YOGA	ANA R.	MS
	09:00 - 09:45	PILATES X STRENGTH	ANKA D.	MS
	10:00 - 10:45	PILATES SCULPT & TONE	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	EVENING YOGA (L2)	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:00 - 19:45	BALANCE BOOST	TAZO T.	FA
	19:15 - 20:15	BODY BALLET	VIKA K.	MS
	20:00 - 20:45	SPINNING	NANO M.	CS
	20:00 - 20:45	BOXING L1	BEKA B.	BA
	20:00 - 20:30	FULL BODY BURN	GIORGI B.	FA
	20:30 - 21:15	SQUATS L1	MANUKI B.	MS
	21:00 - 21:45	BOXING L2	BEKA B.	BA
	21:30 - 21:00	STRETCHING	NINO M.	MS
	22:15 - 22:00	UPPER BODY + ABS	GIORGI B.	MS

TUESDAY	09:00 - 09:45	PILATES	ANA M.	MS
	10:00 - 10:45	BIG BALL PILATES	ANA M.	MS
	11:15 - 12:15	YOGA	ZURA K.	MS
	12:45 - 13:45	YOGA	ZURA K.	MS
	18:00 - 19:00	STRETCHING YOGA WHEEL	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	FA
	19:00 - 19:45	SYNERGY 360	NIKA T.	BA
	19:00 - 19:45	BOXING L1	BEKA B.	MS
	19:15 - 20:00	POWER SCULPT PILATES	ANA R.	CS
	20:00 - 20:45	SPINNING	NANO M.	MS
	20:15 - 20:00	SQUATS	MANUKI B.	BA
	21:15 - 22:00	SOFT PILATES	ANA R.	MS
	22:15 - 22:00	TOTAL ABS	NIKA T.	MS

WEDNESDAY	08:00 - 08:50	MORNING YOGA	ANA R.	MS
	09:00 - 09:45	PILATES X STRENGTH	ANKA D.	MS
	10:00 - 10:45	PILATES SCULPT & TONE	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	EVENING YOGA (L2)	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:00 - 19:45	BALANCE BOOST	TAZO.T	FA
	19:15 - 20:15	BODY BALLET	VIKA K.	MS
	20:00 - 20:45	SPINNING	NANO M.	CS
	20:00 - 20:45	BOXING L1	BEKA.B	BA
	20:30 - 21:15	CARDIO ZUMBA	KETI.Z	MS
	21:00 - 21:45	BOXING L1	BEKA.B	BA
	21:30 - 21:00	BODYPUMP	DAVIT.T	MS
	21:30 - 21:00	UPPER BODY + ABS	DAVIT.T	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 SANDRO EULI BRANCH

DECEMBER, 2025

THURSDAY	09:00 - 09:45	PILATES	ANA M.	MS
	10:00 - 10:45	BIG BALL PILATES	ANA M.	MS
	11:15 - 12:15	YOGA	ZURA K.	MS
	12:45 - 13:45	YOGA	ZURA K.	MS
	18:00 - 19:00	STRETCHING YOGA WHEEL	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:00 - 19:45	BOXING L1	BEKA B.	BA
	19:15 - 20:00	POWER SCULPT PILATES	ANA R.	MS
	20:00 - 20:45	SPINNING	NANO M.	CS
	20:15 - 20:00	SQUATS	MANUKI B.	MS
	20:15 - 20:00	SOFT PILATES	ANA R.	MS

FRIDAY	08:00 - 08:50	MORNING YOGA	ANA R.	MS
	09:00 - 09:45	STRETCHING	NINO.M	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	11:00 - 11:45	FUNCTIONAL PILATES	KRISTI B.	MS
	18:00 - 19:00	EVENING YOGA (L2)	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:15 - 20:15	BODY BALLET	VIKA K.	MS
	20:00 - 20:45	SPINNING	NANO M.	CS
	20:00 - 20:45	BOXING L1	BEKA.B	BA
	20:00 - 20:30	FULL BODY BURN	GIORGI.B	FA
	20:30 - 21:15	CARDIO ZUMBA	KETI.Z	MS
	21:00 - 21:45	BOXING L1	BEKA.B	BA
	21:30 - 21:00	METCON CLASS	IRAKLI K.	MS

SATURDAY	10:00 - 10:45	PILATES L1	ANA R.	MS
	11:00 - 11:45	STRETCHING	NINO M.	MS
	12:15- 13:45	FITNESS YOGA	ZURA K.	MS
	14:00 - 15:10	CONNECTIVE BREATHWORK	ZURA K.	MS
	16:30 - 17:15	PILATES	ANA R.	MS
	17:30 - 18:15	CARDIO ZUMBA	KETI Z.	MS
	17:00 - 17:45	FULL BODY WORKOUT	TAZO T.	FA
	18:30 - 19:15	POWER SCULPT PILATES	ANA R.	MS

SUNDAY	14:00 - 15:00	RECHARGE YOGA BEGINNER	ANASTASIA M.	MS
	15:30 - 16:10	CHAKRA YOGA MEDITATION	ANASTASIA M.	MS
	16:30 - 17:15	LEGS & CORE BLAST	NIKA T.	FA

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

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