



GROUP CLASS SCHEDULE

OKTOPUS CITY MALL BRANCH

JANUARY, 2026

MONDAY	09:00 - 09:45	PILATES	KRISTI B.	MS
	10:00 - 11:00	STRETCHING YOGA	ANASTASIA M.	MS
	11:30 - 12:15	SQUAT PUMP X SCULPTED ABS L2	ANKA D.	MS
	12:30 - 13:30	YOGA PILATES	NATALIA M.	MS
	14:30 - 15:30	PILATES (PAID CLASS)	NATALIA M.	MS
	17:30 - 18:30	BODY BALLET	VIKA K.	MS
	18:00 - 18:45	BOXING	BEKA B.	FA
	19:00 - 19:45	POWER PILATES	ANKA D.	MS
	19:00 - 19:45	BOXING L2	BEKA B.	FA
	19:45 - 20:35	FUNCTIONAL TOTAL BODY FOCUS	ANKA D.	FA
	19:45 - 20:30	SPINNING	GIORGI B.	SS
	20:00 - 21:00	HATHA YOGA	ANASTASIA M.	MS
	20:45 - 21:30	SPIN + WEIGHTS	GIORGI B.	SS
	21:15 - 22:00	CARDIO ZUMBA BLAST	MARIAM S.	MS
	21:00 - 21:45	TOTAL ABS	GIORGI S.	FA

TUESDAY	08:00 - 09:15	YOGA FUSION	ZURA K.	MS
	09:30 - 10:45	YOGA FUSION	ZURA K.	MS
	13:00 - 14:00	FLOW PILATES	NATALIA M.	MS
	18:00 - 18:45	SQUAT PUMP & SCULPTED ABS L2	ANKA D.	MS
	19:00 - 19:45	PILATES	SALOME B.	MS
	20:00 - 20:30	TOTAL ABS	IRAKLI T.	FA
	20:00 - 20:45	PILATES	SALOME B.	MS
	20:00 - 20:45	BOXING	BEKA B.	FA
	20:00 - 20:45	SPIN + WEIGHTS	GIORGI B.	SS
	21:00 - 21:45	BOXING L2	BEKA B.	FA
	21:00 - 22:00	STRETCHING YOGA	TATA S.	MS
	21:00 - 22:00	DUMBBELL CROSSFIT WORKOUT	IRAKLI K.	FA

WEDNESDAY	09:00 - 09:45	PILATES	KRISTI B.	MS
	11:30 - 12:15	SQUAT PUMP X SCULPTED ABS L2	ANKA D.	MS
	12:30 - 13:30	BIG BALL PILATES	NATALIA M.	MS
	14:30 - 15:30	PILATES (PAID CLASS)	NATALIA M.	MS
	17:30 - 18:30	BODY BALLET	VIKA K.	MS
	18:00 - 18:45	BOXING	BEKA B.	FA
	19:00 - 19:45	PILATES X STRENGTH	ANKA D.	MS
	19:00 - 19:45	BOXING L2	BEKA B.	FA
	19:45 - 20:35	FUNCTIONAL TRAINING UPPER BODY	ANKA D.	FA
	19:45 - 20:30	SPINNING	GIORGI B.	SS
	20:00 - 21:00	HATHA YOGA	ANASTASIA M.	MS
	20:45 - 21:30	SPIN + WEIGHTS	GIORGI B.	SS
	21:00 - 21:45	TOTAL ABS	SANDRO M.	FA

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





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JANUARY, 2026

THURSDAY	08:00 - 09:15	YOGA FUSION	ZURA K.	MS
	09:30 - 10:45	YOGA FUSION	ZURA K.	MS
	13:00 - 14:00	POWER PILATES	NATALIA M.	MS
	18:00 - 18:45	SQUAT PUMP X SCULPTED ABS	ANKA D.	MS
	19:00 - 19:45	PILATES	SALOME B.	MS
	20:00 - 20:45	PILATES	SALOME B.	MS
	20:00 - 20:45	BOXING	BEKA B.	FA
	20:00 - 20:45	SPIN + WEIGHTS	GIORGI B.	SS
	21:00 - 21:45	BOXING L2	BEKA B.	FA
	21:00 - 22:00	YOGA	TATIA SH.	MS
	21:00 - 22:00	DUMBBELL CROSSFIT WORKOUT	IRAKLI K.	FA

FRIDAY	09:00 - 09:45	PILATES	KRISTI B.	MS
	10:00 - 11:00	POWER YOGA	ANASTASIA M.	MS
	11:00 - 12:00	STRETCHING YOGA	ANASTASIA M.	MS
	12:30 - 13:30	BARRE PILATES	NATALIA M.	MS
	14:30 - 15:30	PILATES (PAID CLASS)	NATALIA M.	MS
	17:30 - 18:30	BODY BALLET	VIKA K.	MS
	18:00 - 18:45	BOXING	BEKA B.	FA
	18:45 - 19:30	PILATES FUSION	ANA R.	MS
	19:00 - 19:45	BOXING L2	BEKA B.	FA
	20:00 - 20:30	TOTAL ABS	SANDRO M.	FA
	20:00 - 21:00	HATHA YOGA	ANASTASIA M.	MS
	21:15 - 22:00	CARDIO ZUMBA BLAST	MARIAM S.	MS

SATURDAY	09:00 - 10:15	YOGA FUSION	ZURA K.	MS
	10:30 - 11:45	YOGA FUSION	ZURA K.	MS
	12:00 - 13:00	RELAX PILATES	NATALIA M.	MS
	13:00 - 13:45	PILATES	SALOME B.	MS
	14:00 - 14:45	FIRESTARTET HIIT	GIORGI B.	FA
	15:00 - 15:45	FUNCTIONAL TRAINING	GIORGI B.	FA
	15:00 - 16:00	STRETCHING YOGA	TATIA SH.	MS
	20:00 - 21:00	DUMBBELL CROSSFIT WORKOUT	IRAKLI K.	FA

SUNDAY	11:00 - 11:45	FACE SCULPT	NATIA U.	MS
	12:00 - 12:45	STRETCH & RESTORE	TAMUNA R.	MS
	13:00 - 14:00	KUNDALINI YOGA	ANASTASIA M.	MS
	15:00 - 16:00	YOGA	TATIA SH.	MS
	18:00 - 18:45	PILATES BALLET	MARIAM G.	MS
	19:00 - 19:45	BARRE BALLET	MARIAM G.	MS

CLASS LEVEL GUIDE

L2 - INTERMEDIATE

L3 - ADVANCED

🏷️ - PAID CLASS

STUDIO KEY

MS - MAIN STUDIO

FA - FUNCTIONAL AREA

SS - SPINNING STUDIO