



GROUP CLASS SCHEDULE

OKTOPUS VAKE BRANCH

JANUARY, 2026

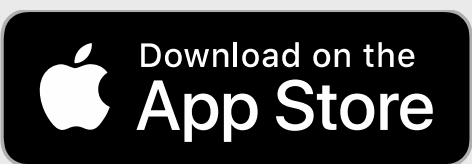
MONDAY	08:00 - 09:00	YOGA FUSION	ZURA K.	MS
	09:15 - 10:00	BODY BALANCE PILATES	SALI B.	MS
	10:15 - 11:00	PILATES FUSION	SALI B.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	YOGA PILATES	NATALIA M.	MS
	19:00 - 20:00	DUMBEELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	YOGA PILATES	NATALIA M.	MS
	20:15 - 21:00	TRX CIRCUIT	SALI B.	FA
	20:15 - 21:00	INTENSIVE BARRE	TAMUNA R.	MS
	21:15 - 21:45	BOXING	TORNIKE G.	FA
	21:15 - 22:00	POWER PILATES	SALI B.	MS
	22:00 - 22:30	TOTAL ABS	TORNIKE G.	MS

TUESDAY	09:00 - 09:45	PILATES BEGINNER	KRISTI B.	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	11:00 - 11:45	INTENSIVE BARRE	TAMUNA R.	MS
	12:00 - 12:50	YOGA WHEEL	NINI K.	MS
	13:15 - 14:00	INTENSIVE PILATES	DODUKA G.	MS
	19:00 - 19:45	HIIT	GRETA J.	FA
	19:15 - 20:00	STRETCH & RESTORE	TAMUNA R.	MS
	20:00 - 21:00	DUMBELL CROSSFIT WORKOUT	GRETA J.	FA
	20:15 - 21:00	POWER YOGA	ANASTASIA M.	MS
	21:15 - 22:00	HATHA YOGA	ANASTASIA M.	MS

WEDNESDAY	08:00 - 09:00	YOGA FUSION	ZURA K.	MS
	09:15 - 10:00	BODY BALANCE PILATES	SALI B.	MS
	10:15 - 11:00	PILATES FUSION	SALI B.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	BIG BALL PILATES	NATALIA M.	MS
	18:00 - 18:45	FULL BODY - LOWER FOCUS	MARIAM T.	FA
	19:00 - 20:00	DUMBEELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	BIG BALL PILATES	NATALIA M.	MS
	20:15 - 21:00	TRX CIRCUIT	SALI B.	FA
	20:15 - 21:00	INTENSIVE BARRE	TAMUNA R.	MS
	21:15 - 21:45	BOXING	TORNIKE G.	FA
	21:15 - 22:00	POWER PILATES	SALI B.	MS
	22:00 - 22:30	TOTAL ABS	TORNIKE G.	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 VAKE BRANCH

JANUARY, 2026

THURSDAY	09:00 - 09:45	PILATES BEGINNER	KRISTI B.	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	11:00 - 11:45	INTENSIVE BARRE	TAMUNA R.	MS
	12:00 - 12:50	YOGA WHEEL	NINI K.	MS
	13:15 - 14:00	YOGA & SADHU BOARD	DODUKA G.	MS
	19:00 - 19:45	HIIT	GRETA J.	FA
	19:15 - 20:00	STRETCH & RESTORE	TAMUNA R.	MS
	20:15 - 21:00	POWER YOGA	ANASTASIA M.	MS
	20:00 - 21:00	DUMBELL CROSSFIT WORKOUT	GRETA J.	FA
	21:15 - 22:00	HATHA YOGA	ANASTASIA M.	MS
	21:15 - 22:00	CIRCUIT TRAINING	LUKA M.	FA

FRIDAY	08:00 - 09:00	YOGA FUSION	ZURA K.	MS
	09:15 - 10:00	BODY BALANCE PILATES	SALI B.	MS
	10:15 - 11:00	PILATES FUSION	SALI B.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	POWER PILATES	NATALIA M.	MS
	19:00 - 20:00	DUMBEELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	POWER PILATES	NATALIA M.	MS
	20:15 - 21:00	INTENSIVE BARRE	TAMUNA R.	MS

SATURDAY	10:00 - 10:45	PILATES BEGINNER	KRISTI B.	MS
	11:00 - 11:45	STRONG NATION	KRISTI B.	MS
	13:15 - 14:00	FULL BODY STRETCHING	NINO M.	MS
	15:00 - 15:45	FULL BODY - LOWER FOCUS	MARIAM T.	FA
	17:00 - 18:00	TOTAL ABC & LOWER BODY MOBILITY	GUGA K.	MS

SUNDAY	11:30 - 12:15	HATHA YOGA	ANASTASIA M.	MS
	13:45 - 14:30	FLOOR BALLET	MARIAM G.	MS
	14:45 - 15:30	BARRE BALLET	MARIAM G.	MS
	16:00 - 16:45	CIRCUIT TRAINING	LUKA M.	FA

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

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