



# GROUP CLASS SCHEDULE

## OKTOPUS MZIURI BRANCH

FEBRUARY, 2026

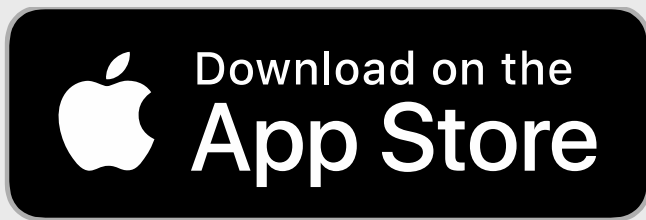
|        |               |                       |            |    |
|--------|---------------|-----------------------|------------|----|
| MONDAY | 09:30 - 10:30 | FLOW PILATES (🌀)      | NATALIA M. | MS |
|        | 10:45 - 11:35 | PILATES FLOW          | TAMUNA R.  | MS |
|        | 11:45 - 13:00 | YOGA MIX              | ZURA K.    | MS |
|        | 14:00 - 14:50 | BALLET SCULPT         | NINO M.    | MS |
|        | 18:15 - 19:00 | FULL BODY LOWER FOCUS | SOPO J.    | MS |
|        | 19:00 - 20:15 | YOGA                  | ZURA K.    | MS |
|        | 20:30 - 21:30 | PILATES               | ANA R.     | MS |
|        | 20:30 - 21:15 | BOOTCAMP - LOWER BODY | GRETA J.   | BS |
|        | 21:30 - 22:15 | BOOTCAMP - FULL BODY  | SABA J.    | BS |

|         |               |                       |              |    |
|---------|---------------|-----------------------|--------------|----|
| TUESDAY | 09:00 - 09:50 | SQUATS + TOTAL ABS L2 | ANKA D.      | MS |
|         | 10:00 - 11:00 | BODY BALLET L1        | VIKA K.      | MS |
|         | 11:15 - 12:15 | DYNAMIC STRETCHING    | VIKA K.      | MS |
|         | 12:30 - 13:30 | YOGA THERAPY          | ANASTASIA M. | MS |
|         | 14:45 - 15:45 | FLOW PILATES          | NATALIA M.   | MS |
|         | 18:15 - 19:00 | FULL BODY LOWER FOCUS | MARIAM CH.   | MS |
|         | 19:00 - 19:45 | BOOTCAMP - FULL BODY  | IRAKLI K.    | BS |
|         | 19:15 - 20:15 | FULL BODY STRETCHING  | NINO M.      | MS |
|         | 20:00 - 20:45 | BOOTCAMP - FULL BODY  | ANKA D.      | BS |
|         | 20:30 - 21:15 | PILATES               | TAMUNA R.    | MS |
|         | 21:30 - 22:00 | TOTAL ABS L2          | MERAB M.     | MS |

|           |               |                       |            |    |
|-----------|---------------|-----------------------|------------|----|
| WEDNESDAY | 09:30 - 10:30 | BIG BALL PILATES (🌀)  | NATALIA M. | MS |
|           | 10:45 - 11:30 | PILATES FLOW          | TAMUNA R.  | MS |
|           | 11:45 - 12:45 | YOGA MIX              | ZURA K.    | MS |
|           | 14:00 - 14:50 | BALLET SCULPT         | NINO M.    | MS |
|           | 15:00 - 16:00 | SOUND HEALING         | LIKA E.    | MS |
|           | 19:00 - 20:15 | FITNESS YOGA L2       | ZURA K.    | MS |
|           | 20:30 - 21:30 | PILATES               | ANA R.     | MS |
|           | 21:30 - 22:15 | BOOTCAMP - FULL BODY  | GRETA J.   | BS |
|           | 21:30 - 22:15 | BOOTCAMP - UPPER BODY | SABA J.    | BS |

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 MZIURI BRANCH

FEBRUARY, 2026

| THURSDAY | 09:00 - 09:50 | SQUATS + TOTAL ABS L2 | ANKA D.      | MS |
|----------|---------------|-----------------------|--------------|----|
|          | 11:15 - 12:15 | DYNAMIC STRETCHING    | VIKA K.      | MS |
|          | 12:30 - 13:30 | YOGA THERAPY          | ANASTASIA M. | MS |
|          | 14:45 - 15:45 | BIG BALL PILATES      | NATALIA M.   | MS |
|          | 19:00 - 19:45 | BOOTCAMP - UPPER BODY | IRAKLI K.    | BS |
|          | 19:15 - 20:15 | FULL BODY STRETCHING  | NINO M.      | MS |
|          | 20:00 - 20:45 | BOOTCAMP - FULL BODY  | ANKA D.      | BS |
|          | 20:30 - 21:15 | PILATES               | TAMUNA R.    | MS |

| FRIDAY | 08:30 - 09:15 | SQUATS + TOTAL ABS L2 | ANKA D.    | MS |
|--------|---------------|-----------------------|------------|----|
|        | 09:30 - 10:30 | BARRE PILATES (🏠)     | NATALIA M. | MS |
|        | 10:45 - 11:30 | PILATES FLOW          | TAMUNA R.  | MS |
|        | 11:45 - 12:45 | YOGA MIX              | ZURA K.    | MS |
|        | 14:00 - 14:50 | BALLET SCULPT         | NINO M.    | MS |
|        | 19:00 - 20:15 | YOGA                  | ZURA K.    | MS |
|        | 20:30 - 21:30 | PILATES               | ANA R.     | MS |
|        | 20:30 - 21:15 | BOOTCAMP - UPPER BODY | GRETA J.   | BS |
|        | 21:30 - 22:15 | BOOTCAMP - FULL BODY  | GIORGI B.  | BS |

| SATURDAY | 12:00 - 12:45 | BOOTCAMP - FULL BODY | IRAKLI K. | BS |
|----------|---------------|----------------------|-----------|----|
|          | 13:00 - 13:50 | PILATES              | ANA R.    | MS |
|          | 14:00 - 14:50 | FACE SCULPTING       | NATIA U.  | MS |
|          | 15:00 - 16:00 | FULL BODY STRETCHING | NINO M.   | MS |
|          | 16:15 - 17:30 | BALLET SCULPT        | NINO M.   | MS |

| SUNDAY | 10:15 - 11:00 | TIBETAN BOWL YOGA | ANASTASIA M. | MS |
|--------|---------------|-------------------|--------------|----|
|        | 12:15 - 13:00 | STRETCHING        | NINO M.      | MS |
|        | 13:15 - 14:15 | FACE SCULPTING    | NATIA U.     | MS |

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

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