



GROUP CLASS SCHEDULE OKTOPUS MZIURI BRANCH

MARCH, 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
	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
	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
	20:30 - 21:15	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





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MARCH, 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	09:00 - 09:45	BOOTCAMP TRAINING - FULL BODY	ANKA D.	BS
	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
	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	YOGA	TATA SH.	MS
	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
	11:15 - 12:00	YOGA	TATA SH.	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