



GROUP CLASS SCHEDULE

OKTOPUS SANDRO EULI BRANCH

MARCH, 2026

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
	17:00-17:45	YOGA	ANASTASIA M.	MS
	18:00 - 19:00	EVENING YOGA (L2)	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:00 - 19:45	TRX CIRCUIT	TAZO.T	FA
	19:15 - 20:15	BODY BALLET (PAID CLASS)	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	STRETCHING	NINO.M	MS
	21:00 - 21:45	BOXING L2	BEKA.B	MS
	21:30 - 21:00	IRON FLOW KETTLEBELL	TAZO T.	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
	17:00 - 17:45	PILATES	ANA.R	MS
	18:00 - 19:00	STRETCHING YOGA WHEEL	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	FA
	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

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
	17:00 - 17:45	YOGA	ANASTASIA M.	MS
	18:00 - 19:00	EVENING YOGA (L2)	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:00 - 19:45	TRX CIRCUIT	TAZO T.	FA
	19:15 - 20:15	BODY BALLET (PAID CLASS)	VIKA K.	MS
	20:00 - 20:45	SPINNING	NANO M.	CS
	20:00 - 20:45	BOXING L1	BEKA B.	BA
	20:30 - 21:15	HIP-HOP CARDIO BURN	IVA M.	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





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MARCH, 2026

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	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
	17:00 - 17:45	PILATES	ANA R.	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	PILATES 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
	17:00 - 17:45	YOGA	ANASTASIA M.	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 (PAID CLASS)	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	HIP-HOP	IVA.M	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
	15:15 - 16:00	HIP-HOP	IVA.M	MS
	16:30 - 17:15	PILATES	ANA R.	MS
	17:15 - 18:00	IRON FLOW KETTLEBELL	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

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

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