



# GROUP CLASS SCHEDULE OKTOPUS VAKE BRANCH

MARCH, 2026

<b>MONDAY</b>	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
	11:15 - 12:00	STREET DANCE	IVA M.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	YOGA PILATES	NATALIA M.	MS
	19:00 - 20:00	DUMBELL 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 - 22:00	BOXING	TORNIKE G.	FA
	21:15 - 22:00	POWER PILATES	SALI B.	MS
	22:15 - 22:45	TOTAL ABS	TORNIKE G.	FA

<b>TUESDAY</b>	09:00 - 09:45	PILATES BEGINNER	KRISTI B.	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	11:00 - 11:45	YOGA WHEEL	TATA SH.	MS
	12:15 - 13:00	PILATES YOGA	ANA R.	MS
	18:00 - 18:45	BALANCE YOGA	TATA SH.	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

<b>WEDNESDAY</b>	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
	11:15 - 12:00	STREET DANCE	IVA M.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	BIG BALL PILATES	NATALIA M.	MS
	18:00 - 18:45	POWER SCULPT	MARIAM T.	FA
	19:00 - 20:00	DUMBELL 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 - 22:00	BOXING	TORNIKE G.	FA
	21:15 - 22:00	POWER PILATES	SALI B.	MS
	22:15 - 22:45	TOTAL ABS	TORNIKE G.	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





# GROUP CLASS SCHEDULE

## OKTOPUS VAKE BRANCH

### MARCH, 2026

<b>THURSDAY</b>	09:00 - 09:45	PILATES BEGINNER	KRISTI B.	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	11:00 - 11:45	YOGA WHEEL	TATA SH.	MS
	12:15 - 13:00	PILATES YOGA	ANA R.	MS
	18:00 - 18:45	BALANCE YOGA	TATA SH.	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	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	21:15 - 22:00	HATHA YOGA	ANASTASIA M.	MS
	21:15 - 22:00	CIRCUIT TRAINING	LUKA M.	FA

<b>FRIDAY</b>	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
	11:15 - 12:00	STREET DANCE	IVA M.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	POWER PILATES	NATALIA M.	MS
	19:00 - 20:00	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	POWER PILATES	NATALIA M.	MS
	20:15 - 21:00	INTENSIVE BARRE	TAMUNA R.	MS

<b>SATURDAY</b>	10:00 - 10:45	PILATES BEGINNER	KRISTI B.	MS
	11:00 - 11:45	STRONG NATION	KRISTI B.	MS
	13:00 - 13:45	FULL BODY STRETCHING	NINO M.	MS
	14:00 - 14:45	YOGA WHEEL	TATA SH.	MS
	15:15 - 16:00	POWER SCULPT	MARIAM T.	FA
	16:00 - 16:45	PILATES FUSION	SALI B.	MS

<b>SUNDAY</b>	11:30 - 12:15	HATHA YOGA	ANASTASIA M.	MS
	12:30 - 13:15	PILATES YOGA	ANA R.	MS
	13:45 - 14:30	BALLET SCULPT	NINO M.	MS
	14:45 - 15:30	FULL BODY STRETCHING	NINO M.	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