



GROUP CLASS SCHEDULE OKTOPUS VAKE BRANCH

APRIL, 2026

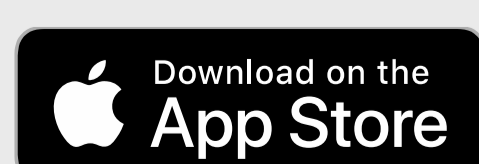
MONDAY	08:00 - 09:00	YOGA FUSION	ZURA K.	MS
	09:15 - 10:00	BODY BALANCE PILATES	SALI B.	MS
	10:15 - 11:00	PILATES FUSION	SALI B.	MS
	11:15 - 12:00	STREET DANCE	IVA M.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	YOGA PILATES	NATALIA M.	MS
	18:00 - 18:50	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	DUMBBELL 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

TUESDAY	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
	19:00 - 19:45	HIIT	GRETA J.	FA
	19:15 - 20:00	STRETCH & RESTORE	TAMUNA R.	MS
	20:00 - 21:00	FULL BODY FUNCTIONAL	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
	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 - 18:50	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	DUMBBELL 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

APRIL, 2026

THURSDAY	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
	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	FULL BODY FUNCTIONAL	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
	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

SATURDAY	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
	15:00 - 15:45	POWER SCULPT	MARIAM T.	FA
	16:00 - 16:45	PILATES FUSION	SALI B.	MS

SUNDAY	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