



GROUP CLASS SCHEDULE OKTOPUS CITY MALL BRANCH

MAY, 2026

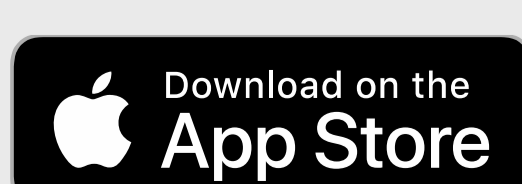
MONDAY	09:00 - 09:45	BALLET SCULPT	NINO M.	MS
	10:00 - 11:00	PILATES YOGA	ANA R.	MS
	11:30 - 12:15	SQUAT PUMP X SCULPTED ABS L2	ANKA D.	MS
	12:30 - 13:30	YOGA PILATES	NATALIA M.	MS
	14:30 - 15:30	PILATES (PAID CLASS)	NATALIA M.	MS
	17:30 - 18:30	BODY BALLET	VIKA K.	MS
	19:00 - 19:45	POWER PILATES	ANKA D.	MS
	19:00 - 19:45	BOXING	BEKA B.	FA
	19:45 - 20:35	FUNCTIONAL TOTAL BODY FOCUS	ANKA D.	FA
	20:00 - 21:00	HATHA YOGA	ANASTASIA M.	MS
	20:45 - 21:30	SPIN DUA LIPA VS MILEY CYRUS	GIORGI B.	SS
	21:00 - 21:45	TOTAL ABS	GIORGI S.	FA

TUESDAY	08:00 - 09:15	YOGA MIX	ZURA K.	MS
	09:30 - 10:45	YOGA MIX	ZURA K.	MS
	13:00 - 14:00	FLOW PILATES	NATALIA M.	MS
	14:15 - 15:15	YOGA	ANASTASIA M.	MS
	18:00 - 18:45	SQUAT PUMP & SCULPTED ABS L2	ANKA D.	MS
	19:00 - 19:45	YOGA SCULPT	ANASTASIA M.	MS
	20:00 - 20:30	TOTAL ABS	IRAKLI T.	FA
	20:00 - 20:45	PILATES	SALOME B.	MS
	20:00 - 20:45	BOXING	BEKA B.	FA
	20:00 - 20:45	SPIN BEYONCE X JAY Z	GIORGI B.	SS
	21:00 - 21:45	SPIN @ 2000'S TUESDAY	IVA M.	SS
	21:00 - 22:00	DUMBBELL CROSSFIT WORKOUT	IRAKLI K.	FA
21:00 - 21:45	FULL BODY STRETCHING	NINO M.	MS	

WEDNESDAY	09:00 - 09:45	FULL BODY STRETCHING	NINO M.	MS
	10:00 - 11:00	PILATES YOGA	ANA R.	MS
	11:30 - 12:15	SQUAT PUMP X SCULPTED ABS L2	ANKA D.	MS
	12:30 - 13:30	BIG BALL PILATES	NATALIA M.	MS
	14:30 - 15:30	PILATES (PAID CLASS)	NATALIA M.	MS
	17:30 - 18:30	BODY BALLET	VIKA K.	MS
	18:45 - 19:30	POWER PILATES	ANKA D.	MS
	19:00 - 19:45	BOXING	BEKA B.	FA
	19:15 - 20:00	SPIN @ HIP-HOP HUMPDAY	IVA M.	SS
	19:45 - 20:35	FUNCTIONAL TRAINING UPPER BODY	ANKA D.	FA
	20:00 - 21:00	HATHA YOGA	ANASTASIA M.	MS
	20:45 - 21:30	SPIN SHAKIRA X RIHANNA	GIORGI B.	SS
	21:00 - 21:30	SQUATS	MARIAM J.	MS
	21:00 - 21:45	TOTAL ABS	GIORGI S.	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 CITY MALL BRANCH

MAY, 2026

THURSDAY	08:00 - 09:15	YOGA MIX	ZURA K.	MS
	09:30 - 10:45	YOGA MIX	ZURA K.	MS
	13:00 - 14:00	POWER PILATES	NATALIA M.	MS
	14:15 - 15:00	YOGA	ANASTASIA M.	MS
	18:00 - 18:45	SQUAT PUMP X SCULPTED ABS	ANKA D.	MS
	19:00 - 19:45	YOGA SCULPT	ANASTASIA M.	MS
	20:00 - 20:45	PILATES	SALOME B.	MS
	20:00 - 20:45	BOXING	BEKA B.	FA
	20:00 - 20:45	SPIN 90'S ICONS	GIORGI B.	SS
	21:00 - 21:45	SPIN @ POP THURSDAY	IVA M.	SS
	21:00 - 22:00	DUMBBELL CROSSFIT WORKOUT	IRAKLI K.	FA
	21:00 - 21:45	FULL BODY STRETCHING	NINO M.	MS

FRIDAY	09:00 - 09:45	BALLET SCULPT	NINO M.	MS
	10:00 - 11:00	POWER YOGA	ANASTASIA M.	MS
	11:00 - 12:00	STRETCHING YOGA	ANASTASIA M.	MS
	12:30 - 13:30	BARRE PILATES	NATALIA M.	MS
	14:30 - 15:30	PILATES (PAID CLASS)	NATALIA M.	MS
	17:30 - 18:30	BODY BALLET	VIKA K.	MS
	19:00 - 19:45	PILATES YOGA	ANA R.	MS
	19:00 - 19:45	BOXING	BEKA B.	FA
	21:15 - 20:00	SPIN @ RIHANNA RIDE	IVA M.	SS
	20:00 - 21:00	HATHA YOGA	ANASTASIA M.	MS

SATURDAY	09:00 - 10:15	YOGA MIX	ZURA K.	MS
	10:30 - 11:45	YOGA MIX	ZURA K.	MS
	12:00 - 13:00	RELAX PILATES	NATALIA M.	MS
	13:00 - 13:45	PILATES	SALOME B.	MS
	14:15 - 15:00	HIP-HOP CARDIO BURN	IVA M.	MS
	15:15 - 16:00	FULL BODY - LOWER FOCUS	MARIAM K.	MS

SUNDAY	10:00 - 11:00	PILATES YOGA	ANA R.	MS
	13:00 - 14:00	KUNDALINI YOGA	ANASTASIA M.	MS
	14:15 - 15:00	HIP-HOP CARDIO BURN	IVA M.	MS
	15:15 - 16:00	SPIN @MISSY ELLIOT JAM	IVA M.	SS
	15:15 - 16:00	SQUATS	MARIAM K.	MS

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

STUDIO KEY
MS - MAIN STUDIO
FA - FUNCTIONAL AREA
SS - SPINNING STUDIO