



# GROUP CLASS SCHEDULE OKTOPUS VAKE BRANCH

MAY, 2026

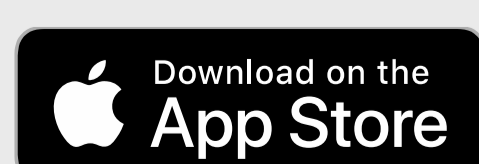
<b>MONDAY</b>	08:00 - 09:00	YOGA FUSION	ZURA K.	MS
	09:15 - 10:00	BODY BALANCE PILATES	SALI B.	MS
	10:15 - 11:00	PILATES FUSION	SALI B.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	YOGA PILATES	NATALIA M.	MS
	18:00 - 18:50	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	DUMBBELL CROSSFIT 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	GIORGI CH.	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
	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

<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 - 12:15	HIP-HOP CARDIO BURN	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	GIORGI CH.	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

MAY, 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
	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

<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
	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
	11:45 - 12:45	HIP-HOP CARDIO BURN	IVA M.	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

<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