



GROUP CLASS SCHEDULE

OKTOPUS MZIURI BRANCH

JULY, 2026

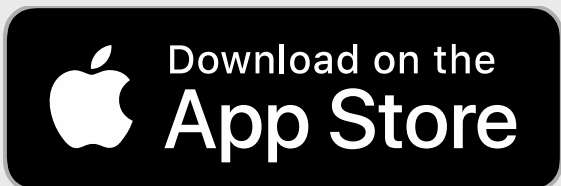
MONDAY	09:30 - 10:30	FLOW PILATES (🐙)	NATALIA M.	MS
	11:45 - 13:00	YOGA MIX	ZURA K.	MS
	19:00 - 20:15	YOGA	ZURA K.	MS
	19:00 - 19:45	BOOTCAMP TRAINING - FULL BODY	SHOTA B.	BS
	20:30 - 21:30	PILATES	ANA R.	MS
	20:30 - 21:15	BOOTCAMP - LOWER BODY	GRETA J.	BS
	21:30 - 22:15	BOOTCAMP - FULL BODY	SABA J.	BS

TUESDAY	09:00 - 09:50	SQUATS + TOTAL ABS L2	ANKA D.	MS
	10:00 - 11:00	BODY BALLET L1	VIKA K.	MS
	11:15 - 12:15	DYNAMIC STRETCHING	VIKA K.	MS
	14:45 - 15:45	FLOW PILATES	NATALIA M.	MS
	18:15 - 19:00	FULL BODY LOWER FOCUS	MARIAM CH.	MS
	19:00 -19:45	FULL BODY LOWER FOCUS	IMARIAM CH.	MS
	19:00 - 19:45	BOOTCAMP - FULL BODY	RAKLI K.	BS
	20:00 - 20:45	BOOTCAMP - FULL BODY	ANKA D.	BS
	20:30 - 21:15	PILATES	TAMUNA R.	MS
	21:00 - 21:45	BOOTCAMP - FULL BODY	SABA J.	BS

WEDNESDAY	09:30 - 10:30	BIG BALL PILATES (🐙)	NATALIA M.	MS
	11:45 - 12:45	YOGA MIX	ZURA K.	MS
	19:00 - 20:15	FITNESS YOGA L2	ZURA K.	MS
	19:00 - 19:45	BOOTCAMP TRAINING - FULL BODY	SHOTA B.	BS
	20:30 - 21:30	PILATES	ANA R.	MS
	20:30 - 21:15	BOOTCAMP - FULL BODY	GRETA J.	BS
	21:30 - 22:00	BOOTCAMP - UPPER BODY	GIORGI B.	BS

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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JULY, 2026

THURSDAY	09:00 - 09:50	SQUATS + TOTAL ABS L2	ANKA D.	MS
	11:15 - 12:15	DYNAMIC STRETCHING	VIKA K.	MS
	14:45 - 15:45	BIG BALL PILATES	NATALIA M.	MS
	19:00 -1 9:45	FULL BODY LOWER FOCUS	SOPO J.	MS
	18:30 - 19:15	BOOTCAMP TRAINING - FULL BODY	IRAKLI K.	BS
	19:30 - 20:15	BOOTCAMP TRAINING - FULL BODY	IRAKLI K.	BS
	20:30 - 21:15	PILATES	TAMUNA R.	MS
	21:00 - 21:45	BOOTCAMP TRAINING - UPPER BODY	SABA J.	BS

FRIDAY	09:00 - 09:45	BOOTCAMP TRAINING - FULL BODY	ANKA D.	BS
	09:30 - 10:30	BARRE PILATES (ღ)	NATALIA M.	MS
	11:45 - 12:45	YOGA MIX	ZURA K.	MS
	19:00 - 20:15	YOGA	ZURA K.	MS
	20:30 - 21:30	PILATES	ANA R.	MS
	20:30 - 21:15	BOOTCAMP - UPPER BODY	GRETA J.	BS

SATURDAY	12:00 - 12:45	BOOTCAMP - FULL BODY	IRAKLI K.	BS
	13:00 - 13:50	PILATES	ANA R.	MS

SUNDAY	10:15 - 11:00	TIBETAN BOWL YOGA	ANASTASIA M.	MS
	12:15 - 13:00	STRETCHING	NINO M.	MS

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

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