



GROUP CLASS SCHEDULE

OKTOPUS SANDRO EULI BRANCH

JULY, 2026

MONDAY	08:00 - 08:45	MORNING YOGA	ANA R.	MS
	09:00 - 09:45	PILATES X STRENGTH	ANKA D.	MS
	10:00 - 10:45	PILATES SCULPT & TONE	ANKA D.	MS
	12:00- 12:45	FUNCTIONAL PILATES	KRISTI B.	MS
	17:00-17:45	YOGA	ANASTASIA M.	MS
	18:00 - 19:00	EVENING YOGA (L2)	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:00 - 19:45	TRX CIRCUIT	TAZO.T	FA
	19:15 - 20:15	BODY BALLET (PAID CLASS)	VIKA K.	MS
	20:00 - 20:45	SPINNING	NANO M.	CS
	20:00 - 20:45	BOXING L1	BEKA.B	BA
	20:00 - 20:45	FULL BODY BURN	GIORGI.B	FA
	20:30 - 21:15	STRETCHING	NINO.M	MS
	21:00 - 21:45	BOXING L2	BEKA.B	BA
	21:30 - 22:15	LOWER BODY	GIORGI ZH.	MS

TUESDAY	09:00 - 09:45	PILATES	ANA M.	MS
	10:00 - 10:45	BIG BALL PILATES	ANA M.	MS
	11:15 - 12:15	YOGA	ZURA K.	MS
	12:45 - 13:45	YOGA	ZURA K.	MS
	17:00 - 17:45	PILATES	ANA.R	MS
	18:00 - 18:45	STRETCHING YOGA WHEEL	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:15 - 20:00	POWER SCULPT PILATES	ANA R.	MS
	20:00 - 20:45	BOXING L1	BEKA B.	BA
	20:00 - 20:45	SPINNING	NANO M.	CS
	20:15 - 21:00	SQUATS	MANUKI B.	MS
	21:00 - 21:45	BOXING L1	BEKA B.	BA
	21:15 - 22:00	SOFT PILATES	ANA R.	MS
	22:05 - 22:50	GLUTES & CORE	NANO O.	MS

WEDNESDAY	08:00 - 08:45	MORNING YOGA	ANA R.	MS
	09:00 - 09:45	PILATES X STRENGTH	ANKA D.	MS
	10:00 - 10:45	PILATES SCULPT & TONE	ANKA D.	MS
	11:00 - 11:45	STRONG NATION	KRISTI B.	MS
	12:00 - 12:45	FUNCTIONAL PILATES	KRISTI B.	MS
	17:00 - 17:45	YOGA	ANASTASIA M.	MS
	18:00 - 19:00	EVENING YOGA (L2)	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:00 - 19:45	TRX CIRCUIT	TAZO T.	FA
	19:15 - 20:15	BODY BALLET (PAID CLASS)	VIKA K.	MS
	20:00 - 20:45	SPINNING	NANO M.	CS
	20:00 - 20:45	BOXING L1	BEKA B.	BA
	20:30 - 21:15	HIP-HOP CARDIO BURN	IVA M.	MS
	21:00 - 21:45	BOXING L1	BEKA B.	BA
	21:30 - 22:00	HIIT	DAVIT T.	MS

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 SANDRO EULI BRANCH

JULY, 2026

THURSDAY	09:00 - 09:45	BIG BALL PILATES	ANA M.	MS
	10:00 - 10:45	PILATES	ANA M.	MS
	11:15 - 12:15	YOGA	ZURA K.	MS
	12:45 - 13:45	YOGA	ZURA K.	MS
	17:00 - 17:45	PILATES	ANA R.	MS
	18:00 - 18:45	STRETCHING YOGA WHEEL	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:15 - 20:00	POWER SCULPT PILATES	ANA R.	MS
	20:00 - 20:45	BOXING L1	BEKA B.	BA
	20:00 - 20:45	SPINNING	NANO M.	CS
	20:15 - 21:00	SQUATS L2	MANUKI B.	MS
	21:00 - 21:45	BOXING L1	BEKA B.	BA
	21:15 - 22:00	SOFT PILATES	ANA R.	MS

FRIDAY	08:00 - 08:45	MORNING YOGA	ANA R.	MS
	09:00 - 09:45	PILATES YOGA	ANA R.	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	11:00 - 11:45	FUNCTIONAL PILATES	KRISTI B.	MS
	17:00 - 17:45	YOGA	ANASTASIA M.	MS
	18:00 - 19:00	EVENING YOGA (L2)	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	CS
	19:15 - 20:15	BODY BALLET (PAID CLASS)	VIKA K.	MS
	20:00 - 20:45	SPINNING	NANO M.	CS
	22:00 - 22:45	METCON CLASS	IRAKLI K.	MS

SATURDAY	10:00 - 10:45	PILATES L1	ANA R.	MS
	12:15 - 13:30	FITNESS YOGA	ZURA K.	MS
	14:00 - 15:00	CONNECTIVE BREATHWORK	ZURA K.	MS
	16:15 - 17:00	PILATES	ANA R.	MS
	18:30 - 19:15	POWER SCULPT PILATES	ANA R.	MS

SUNDAY	14:45 - 15:30	RECHARGE YOGA BEGINNER	ANASTASIA M.	MS
	15:30 - 16:15	CHAKRA YOGA MEDITATION	ANASTASIA M.	MS
	16:15 - 17:00	GLUTES & CORE	NANO O.	MS

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

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