



GROUP CLASS SCHEDULE

OKTOPUS CITY MALL BRANCH

AUGUST, 2026

MONDAY	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
	19:45 - 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
	10:00 - 10:45	TOTAL ABS	GIORGI G.	FA
	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	SPIN BEYONCE X JAY Z	GIORGI B.	SS
	21:00 - 22:00	DUMBBELL CROSSFIT WORKOUT	IRAKLI K.	FA
	21:00 - 21:45	FULL BODY STRETCHING	NINO M.	MS

WEDNESDAY	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
	19:45 - 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





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AUGUST, 2026

THURSDAY	08:00 - 09:15	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	SPIN 90'S ICONS	GIORGI B.	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
	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
	15:15 - 16:00	FULL BODY - LOWER FOCUS	MARIAM K.	MS

SUNDAY	10:00 - 10:45	TOTAL ABS	GIORGI G.	FA
	10:00 - 11:00	PILATES YOGA	ANA R.	MS
	13:00 - 14:00	KUNDALINI YOGA	ANASTASIA M.	MS
	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