



GROUP CLASS SCHEDULE

OKTOPUS MZIURI BRANCH

AUGUST, 2026

MONDAY	11:45 - 13:00	YOGA MIX	ZURA K.	MS
	19:00 - 20:15	YOGA	ZURA K.	MS
	19:00 - 19:45	BOOTCAMP - 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
	19:00 -19:45	FULL BODY LOWER FOCUS	MARIAM CH.	MS
	20:00 - 20:45	BODY PUMP - FULL BODY	DAVIT K.	MS
	21:00 - 21:45	BOOTCAMP - FULL BODY	SABA J.	BS

WEDNESDAY	11:45 - 12:45	YOGA MIX	ZURA K.	MS
	19:00 - 20:15	FITNESS YOGA L2	ZURA K.	MS
	19:00 - 19:45	BOOTCAMP - 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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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
	20:00 - 20:45	BODY PUMP - FULL BODY	DAVIT K.	MS
	21:00 - 21:45	BOOTCAMP - UPPER BODY	SABA J.	BS

FRIDAY	09:00 - 09:45	BOOTCAMP - FULL BODY	ANKA D.	BS
	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

🕒 - PAID CLASS

STUDIO KEY

MS - MAIN STUDIO

FA - FUNCTIONAL AREA

RS- REFORMER STUDIO

BS - BOOTCAMP STUDIO