



GROUP CLASS SCHEDULE

OKTOPUS VAKE BRANCH

AUGUST, 2026

MONDAY	08:00 - 09:00	YOGA FUSION	ZURA K.	MS
	11:15 - 12:00	FULL BODY STRETCHING	NINO M.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	YOGA PILATES	NATALIA M.	MS
	19:00 - 20:00	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	YOGA PILATES	NATALIA M.	MS
	20:15 - 20:45	TOTAL ABS	GIORGI CH.	FA
	21:15 - 22:00	BOXING - L2	TORNIKE G.	FA
	22:15 - 22:45	TOTAL ABS - L2	GIORGI CH.	FA

TUESDAY	09:00 - 09:45	PILATES BEGINNER	KRISTI B.	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	11:00 - 11:45	BOXING - L1	TORNIKE G.	FA
	19:00 - 19:45	HIIT	GRETA J.	FA
	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

WEDNESDAY	08:00 - 09:00	YOGA FUSION	ZURA K.	MS
	11:15 - 12:00	BALLET SCULPT	NINO M.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	BIG BALL PILATES	NATALIA M.	MS
	19:00 - 20:00	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	BIG BALL PILATES	NATALIA M.	MS
	20:15 - 20:45	TOTAL ABS	GIORGI CH.	FA
	21:15 - 22:00	BOXING - L2	TORNIKE G.	FA
	22:15 - 22:45	TOTAL ABS L2	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

AUGUST, 2026

THURSDAY	09:00 - 09:45	PILATES BEGINNER	KRISTI B.	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	11:00 - 11:45	BOXING - L1	TORNIKE G.	FA
	19:00 - 19:45	HIIT	GRETA J.	FA
	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
	21:15 - 22:00	CIRCUIT TRAINING	LUKA M.	FA

FRIDAY	08:00 - 09:00	YOGA FUSION	ZURA K.	MS
	11:15 - 12:00	FULL BODY STRETCHING	NINO M.	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

SATURDAY	10:00 - 10:45	PILATES BEGINNER	KRISTI B.	MS
	11:00 - 11:45	STRONG NATION	KRISTI B.	MS
	13:00 - 13:45	FULL BODY STRETCHING	NINO M.	MS
	15:00 - 15:45	POWER SCULPT	MARIAM T.	FA

SUNDAY	11:30 - 12:15	HATHA YOGA	ANASTASIA M.	MS
	13:45 - 14:30	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