



GROUP CLASS SCHEDULE

OKTOPUS MZIURI BRANCH

SEPTEMBER, 2026

MONDAY	09:00 - 09:50	BOOTCAMP - FULL BODY	GIORGI B.	BS
	09:15 - 10:15	FLOW PILATES (🌀)	NATALIA M.	MS
	10:30 - 11:20	PILATES	MARIAM T.	MS
	11:30 - 12:45	YOGA MIX	ZURA K.	MS
	19:00 - 19:50	BOOTCAMP - FULL BODY	SHOTA B.	BS
	19:00 - 20:15	YOGA	ZURA K.	MS
	20:30 - 21:20	PILATES	ANA R.	MS
	20:00 - 20:50	BOOTCAMP - FULL BODY	SABA J.	BS
	21:00 - 21:50	BOOTCAMP - FULL BODY	GRETA J.	BS
	21:30 - 22:20	DYNAMIC PILATES	LALIKO J.	MS

TUESDAY	09:00 - 09:50	SQUATS + TOTAL ABS L2	ANKA D.	MS
	10:00 - 11:00	BODY BALLET	VIKA K.	MS
	11:15 - 12:15	DYNAMIC STRETCHING	VIKA K.	MS
	14:00 - 15:00	PILATES AWAIKENING & CORE	NATALIA M.	MS
	19:00 - 19:50	GLUTES + BODY SCULPT	MARIAM CH.	MS
	20:00 - 21:00	YOGA MIX	ZURA K.	MS
	20:00 - 20:50	BOOTCAMP - UPPER BODY	DAVIT K.	BS
	21:00 - 21:50	BOOTCAMP - FULL BODY	SABA J.	BS
	21:15 - 22:00	FULL BODY STRETCHING	NINO M.	MS

WEDNESDAY	09:00 - 09:50	BOOTCAMP - UPPER BODY	GIORGI B.	BS
	09:15 - 10:15	BIG BALL PILATES (🌀)	NATALIA M.	MS
	10:30 - 11:20	PILATES	MARIAM T.	MS
	11:30 - 12:45	YOGA	ZURA K.	MS
	19:00 - 19:50	BOOTCAMP - FULL BODY	SHOTA B.	BS
	19:00 - 20:15	YOGA	ZURA K.	MS
	20:30 - 21:20	PILATES	ANA R.	MS
	21:00 - 21:50	BOOTCAMP - FULL BODY	GRETA J	BS
	21:30 - 22:20	BOOTCAMP - UPPER BODY	GIORGI B.	BS
	21:30 - 22:20	DYNAMIC PILATES	LALIKO J.	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 MZIURI BRANCH

SEPTEMBER, 2026

THURSDAY	09:00 - 09:50	SQUATS + TOTAL ABS L2	ANKA D.	MS
	10:00 - 11:00	BODY BALLET	VIKA K.	MS
	11:15 - 12:15	DYNAMIC STRETCHING	VIKA K.	MS
	14:00 - 15:00	INETNSIVE PILATES BALL SCULPT	NATALIA M.	MS
	19:00 - 19:50	GLUTES + BODY SCULPT	MARIAM CH.	MS
	20:00 - 21:00	YOGA MIX	ZURA K.	MS
	20:00 - 20:50	BOOTCAMP - UPPER BODY	DAVIT K.	BS
	21:00 - 21:50	BOOTCAMP - UPPER BODY	GIORGI B.	BS
	21:15 - 22:00	FULL BODY STRETCHING	NINO M.	MS

FRIDAY	08:45 - 09:30	SQUATS + TOTAL ABS L2	ANKA D.	MS
	09:00 - 09:50	BOOTCAMP - FULL BODY	ANKA D.	MS
	09:15 - 10:15	BARRE PILATES (ღ)	NATALIA M.	MS
	10:30 - 11:20	PILATES	MARIAM T.	MS
	11:30 - 12:45	YOGA	ZURA K.	MS
	19:00 - 20:15	YOGA	ZURA K.	MS
	20:30 - 21:20	PILATES	ANA R.	MS
	21:00 - 21:50	BOOTCAMP - FULL BODY	GRETA J.	BS
	21:30 - 22:20	DYNAMIC PILATES	LALIKO J.	MS

SATURDAY	12:00 - 12:50	BOOTCAMP - FULL BODY	SABA J.	BS
	13:00 - 13:50	FACE SCULPTING	NATIA U.	MS
	14:00 - 14:50	FULL BODY STRETCHING	NINO M.	MS

SUNDAY	12:00 - 12:50	BOOTCAMP - UPPER BODY	SHOTA B.	BS
	12:00 - 12:50	FULL BODY STRETCHING	NINO M.	MS
	13:00 - 13:50	FACE SCULPTING	NATIA U.	MS
	14:00 - 14:50	HATHA YOGA	ANA R.	MS

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

STUDIO KEY
MS - MAIN STUDIO
RS- REFORMER STUDIO
BS - BOOTCAMP STUDIO