



# GROUP CLASS SCHEDULE

## OKTOPUS SANDRO EULI BRANCH

### SEPTEMBER, 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 |
|        | 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                   | SABA Z.      | BA |
|        | 20:30 - 21:15 | STRETCHING               | NINO.M       | MS |
|        | 21:00 - 21:45 | BOXING                   | SABA Z.      | BA |
|        | 21:45 - 22:30 | 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                | SABA Z.      | BA |
|         | 20:00 - 20:45 | SPINNING              | NANO M.      | CS |
|         | 20:15 - 21:00 | SQUATS                | MANUKI B.    | MS |
|         | 21:00 - 21:45 | BOXING                | SABA Z.      | 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                   | SABA Z.      | BA |
|           | 20:30 - 21:15 | STRETCHING               | NINO M.      | MS |
|           | 21:00 - 21:45 | BOXING                   | SABA Z.      | 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

### SEPTEMBER, 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                | SABA Z.      | BA |
|          | 20:00 - 20:45 | SPINNING              | NANO M.      | CS |
|          | 20:15 - 21:00 | SQUATS L2             | MANUKI B.    | MS |
|          | 21:00 - 21:45 | BOXING                | SABA Z.      | 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 |
|        | 20:00 - 20:45 | BOXING                   | SABA Z.      | BA |
|        | 21:00 - 21:45 | BOXING                   | SABA Z.      | BA |
|        | 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 | 09:45 - 10:30 | MORNING YOGA           | ANA R.       | MS |
|--------|---------------|------------------------|--------------|----|
|        | 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