



GROUP CLASS SCHEDULE

OKTOPUS VAKE BRANCH

SEPTEMBER, 2026

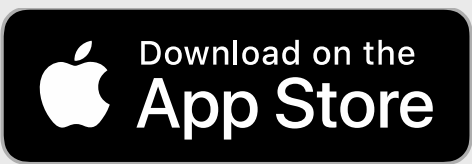
MONDAY	08:00 - 09:00	YOGA FUSION	ZURA K.	MS
	09:15 - 10:00	BODY BALANCE PILATES	SALI B.	MS
	10:15 - 11:00	PILATES FUSION	SALI B.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	PILATES AWAKENING & CORE	NATALIA M.	MS
	19:00 - 20:00	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	PILATES AWAKENING & CORE	NATALIA M.	MS
	20:15 - 20:45	TRX CIRCUIT - L2	SALI B.	FA
	21:15 - 22:00	BOXING - L2	TORNIKE G.	FA
	21:15 - 22:00	POWER PILATES	SALI B.	MS
	22:15 - 22:45	TOTAL ABS	GIORGI CH.	MS

TUESDAY	09:00 - 09:45	PILATES BEGINNER	KRISTI B.	MS
	10:00 - 10:45	STRONG NATION	KRISTI B.	MS
	11:00 - 11:45	BOXING	TORNIKE G.	FA
	12:15 - 13:00	PILATES YOGA	ANA R.	MS
	12:15 - 13:00	POWER SCULPT	MARIAM T.	FA
	18:15 - 19:00	STRETCH & RESTORE	TAMUNA R .	MS
	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	TOTAL ABS - L2	LUKA M.	FA

WEDNESDAY	08:00 - 09:00	YOGA FUSION	ZURA K.	MS
	09:15 - 10:00	BODY BALANCE PILATES	SALI B.	MS
	10:15 - 11:00	PILATES FUSION	SALI B.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	PILATES BALL SCULPT	NATALIA M.	MS
	19:00 - 20:00	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	PILATES BALL SCULPT	NATALIA M.	MS
	20:15 - 20:45	TRX CIRCUIT - L2	SALI B.	FA
	21:15 - 22:00	BOXING - L2	TORNIKE G.	FA
	21:15 - 22:00	POWER PILATES	SALI B.	MS
	22:15 - 22:45	TOTAL ABS	GIORGI CH.	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 VAKE BRANCH

SEPTEMBER, 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	TORNIKE G.	FA
	12:15 - 13:00	PILATES YOGA	ANA R.	MS
	18:15 - 19:00	STRETCH & RESTORE	TAMUNA R .	MS
	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
	21:00 - 21:45	HATHA YOGA	ANASTASIA M.	MS
	22:15 - 23:00	CIRCUIT TRAINING	LUKA M.	FA

FRIDAY	08:00 - 09::00	YOGA FUSION	ZURA K.	MS
	09:15 - 10:00	BODY BALANCE PILATES	SALI B.	MS
	10:15 - 11:00	PILATES FUSION	SALI B.	MS
	16:30 - 17:45	YOGA FUSION	ZURA K.	MS
	18:00 - 18:45	PILATES POWER SCULPT	NATALIA M.	MS
	19:00 - 20:00	DUMBBELL CROSSFIT WORKOUT	GRETA J.	FA
	19:00 - 20:00	PILATES POWER SCULPT	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
	15:15 - 16:00	POWER SCULPT	MARIAM T.	FA

SUNDAY	11:15 - 12:00	HATHA YOGA	ANASTASIA M.	MS
	12:30 - 13:15	PILATES YOGA	ANA R.	MS
	14:00 - 14:45	FULL BODY STRETCHING	NINO M.	MS

CLASS LEVEL GUIDE

L2 - INTERMEDIATE
L3 - ADVANCED
🏠 - PAID CLASS

STUDIO KEY

MS - MAIN STUDIO
FA - FUNCTIONAL AREA
RS- REFORMER STUDIO