GROUP CLASS SCHEDULE
OKTOPUS VAKE BRANCH

NOVEMBER, 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	YOGA PILATES	NATALIA M.	MS
	18:30 - 19:15	DUMBBELL CROSSFIT WORKOUT - L2	GRETA J.	FA
	19:00 - 20:00	YOGA PILATES	NATALIA M.	MS
	19:20 - 20:05	DUMBBELL CROSSFIT WORKOUT - L2	GRETA J.	FA
	20:15 - 21:00	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
	19:15 - 20:00	LOWER BODY BURN	NATIA I.	MS
	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	BIG BALL PILATES	NATALIA M.	MS
	18:30 - 19:15	DUMBBELL CROSSFIT WORKOUT - L2	GRETA J.	FA
	19:00 - 20:00	BIG BALL PILATES	NATALIA M.	MS
	19:20 - 20:05	DUMBBELL CROSSFIT WORKOUT - L2	GRETA J.	FA
	20:15 - 21:00	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

Download on the App Store

GET IT ON Google Play

GROUP CLASS SCHEDULE
OKTOPUS VAKE BRANCH

NOVEMBER, 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
	19:15 - 20:00	LOWER BODY BURN	NATIA I.	MS
	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	POWER PILATES	NATALIA M.	MS
	19:00 - 20:00	DUMBBELL CROSSFIT WORKOUT - L2	GRETA J.	FA
	19:00 - 20:00	POWER PILATES	NATALIA M.	MS
	20:00 - 20:50	GLUTE SCULPT	GRETA J.	FA
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 - L2	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