GROUP CLASS SCHEDULE
OKTOPUS CITY MALL BRANCH

NOVEMBER, 2026

MONDAY	09:00 - 09:45	PILATES YOGA	ANA R.	MS
	10:15 - 11:00	PILATES SCULPT	ANKA D.	MS
	11:00 - 11:45	SQUAT LAB	ANKA D.	MS
	12:00 - 13:00	PILATES AWAKENING FLOW	NATALIA M.	MS
	15:00 - 16:00	PILATES (PAID CLASS)	NATALIA M.	MS
	17:30 - 18:30	BODY BALLET	VIKA K.	MS
	18:45 - 19:30	PILATES X STRENGTH	ANKA D.	FA
	19:00 - 19:45	SPINNING	NANO M.	MS
	20:00 - 20:45	SPINNING	NANO M.	SS
	19:45 - 20:30	POWER YOGA	ANASTASIA M.	MS
	19:45 - 20:35	FUNCTIONAL TOTAL BODY FOCUS	ANKA D.	FA
	20:45 - 21:30	HATHA YOGA	ANASTASIA M.	MS
	20:00 - 20:45	BOXING	GIORGI G.	FA
	21:30 - 22:15	FULL BODY STRETCHING	NINO M.	MS
TUESDAY	08:00 - 09:15	YOGA MIX	ZURA K.	MS
	09:30 - 10:45	YOGA MIX	ZURA K.	MS
	13:00 - 14:00	PILATES BACK CARE & CORE	NATALIA M.	MS
	14:00 - 15:00	POWER PUMP	MARIAM J.	MS
	18:00 - 18:45	SQUAT LAB	ANKA D.	MS
	19:00 - 19:45	YOGA SCULPT	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	SS
	20:00 - 20:45	SPINNING	NANO M.	SS
	20:00 - 20:30	TOTAL ABS	IRAKLI T.	FA
	20:00 - 20:45	PILATES	SALOME B.	MS
	21:00 - 21:45	POWER PUMP	MARIAM J.	MS
	21:00 - 22:00	DUMBBELL CROSSFIT WORKOUT	IRAKLI K.	FA
WEDNESDAY	09:00 - 09:45	PILATES YOGA	ANA R.	MS
	10:15 - 11:00	PILATES SCULPT	ANKA D.	MS
	11:00 - 11:45	SQUAT LAB	ANKA D.	MS
	12:00 - 13:00	PILATES BALL SCULPT	NATALIA M.	MS
	15:00 - 16:00	PILATES (PAID CLASS)	NATALIA M.	MS
	17:30 - 18:30	BODY BALLET	VIKA K.	MS
	18:45 -19:30	PILATES X STRENGTH	ANKA D.	MS
	19:00 - 19:45	SPINNING	NANO M.	SS
	20:00 - 20:45	SPINNING	NANO M.	SS
	19:45 - 20:35	FUNCTIONAL TRAINING UPPER BODY	ANKA D.	FA
	19:45 - 20:30	POWER YOGA	ANASTASIA M.	MS
	20:45 - 21:30	HATHA YOGA	ANASTASIA M.	MS
	20:00 - 20:45	BOXING	GIORGI G.	FA
	21:00 - 21:45	TOTAL ABS	GIORGI S.	FA
	21:30 - 22:15	FULL BODY STRETCHING	NINO M.	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

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GROUP CLASS SCHEDULE
OKTOPUS CITY MALL BRANCH

NOVEMBER, 2026

THURSDAY	08:00 - 09:15	YOGA MIX	ZURA K.	MS
	09:30 - 10:45	YOGA MIX	ZURA K.	FA
	12:00 - 13:00	PILATES CARDIO & POWER	NATALIA M.	MS
	14:00 - 15:00	POWER PUMP	MARIAM J.	MS
	18:00 - 18:45	SQUAT LAB	ANKA D.	MS
	19:00 - 19:45	YOGA SCULPT	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	NANO M.	MS
	20:00 - 20:45	SPINNING	NANO M.	SS
	20:00 - 20:45	PILATES	SALOME B.	SS
	21:00 - 21:45	POWER PUMP	MARIAM J.	MS
	21:00 - 22:00	DUMBBELL CROSSFIT WORKOUT	IRAKLI K.	MS
				FA

FRIDAY	10:00 - 11:00	POWER YOGA	ANASTASIA M.	MS
	11:00 - 12:00	STRETCHING YOGA	ANASTASIA M.	MS
	12:00 - 13:00	PILATES SCULPT	NATALIA M.	MS
	15:00 - 16:00	PILATES (PAID CLASS)	NATALIA M.	MS
	17:30 - 18:30	BODY BALLET	VIKA K.	MS
	19:00 - 19:45	SPINNING	NANO M.	SS
	20:00 - 20:45	SPINNING	NANO M.	SS
	19:45 - 20:30	POWER YOGA	ANASTASIA M.	MS
	20:45 - 21:30	HATHA YOGA	ANASTASIA M.	MS
	20:00 - 20:45	BOXING	GIORGI G.	FA
	21:00 - 21:45	TOTAL ABS	GIORGI S.	FA

SATURDAY	09:00 - 10:15	YOGA MIX	ZURA K.	MS
	10:30 - 11:45	YOGA MIX	ZURA K.	MS
	12:00 - 13:00	PILATES SURPRISE	NATALIA M.	MS
	14:15 - 15:00	HIP-HOP CARDIO BURN	IVA M.	MS
	15:15 - 16:00	FULL BODY - LOWER FOCUS	MARIAM K.	MS

SUNDAY	10:00 - 11:00	PILATES YOGA	ANA R.	FA
	13:00 - 14:00	KUNDALINI YOGA	ANASTASIA M.	MS
	14:15 - 15:00	HIP-HOP CARDIO BURN	IVA M.	MS
	15:15 - 16:00	SQUATS	MARIAM K.	MS

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

STUDIO KEY
MS - MAIN STUDIO
FA - FUNCTIONAL AREA
SS - SPINNING STUDIO