GROUP CLASS SCHEDULE
OKTOPUS MZIURI BRANCH

NOVEMBER, 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
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 - 20:50	DYNAMIC PILATES	ANA J.	MS
	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
	20:00 - 20:50	BOOTCAMP - UPPER BODY	GIORGI B.	BS
	20:30 - 21:20	PILATES	ANA R.	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
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NOVEMBER, 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 - 20:50	DYNAMIC PILATES	ANA J.	MS
	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 (₾)	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	SABA J.	BS
	19:00 - 20:15	YOGA	ZURA K.	MS
	20:30 - 21:20	PILATES	ANA R.	MS
SATURDAY	12:00 - 12:50	FACE SCULPTING	NATIA U.	MS
	13:00 - 13:50	PILATES	ANA R.	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
₾ - PAID CLASS

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