GROUP CLASS SCHEDULE
OKTOPUS SANDRO EULI BRANCH

NOVEMBER, 2026

MONDAY	08:00 - 08:45	MORNING YOGA	ANA R.	MS
	09:00 - 09:45	YOGA PILATES	ANA M.	MS
	10:00 - 10:45	BIG BALL PILATES	ANA M.	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 - 18:45	TRX CIRCUIT	TAZO T.	FA
	18:00 - 19:00	EVENING YOGA (L2)	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	GIORGI N.	CS
	19:15 - 20:15	BODY BALLET (🔒)	VIKA K.	MS
	20:00 - 20:45	SPINNING	GIORGI N.	CS
	20:00 - 21:00	BOXING	SABA Z.	BA
	20:30 - 21:15	STRETCHING	NINO M.	MS
	21:00 - 22:00	BOXING	SABA Z.	BA
	22:00 - 23:00	LOWER BODY	GIORGI ZH.	MS

TUESDAY	09:00 - 09:45	PILATES	ANA M.	MS
	10:00 - 10:45	INTENSIVE 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	YOGA WHEEL	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	GIORGI N.	CS
	19:15 - 20:00	POWER SCULPT PILATES	ANA R.	MS
	20:00 - 20:45	SPINNING	GIORGI N.	CS
	20:00 - 21:00	BOXING	SABA Z.	BA
	20:15 - 21:00	GLUTES & CORE	NANO O.	MS
	21:00 - 22:00	BOXING	SABA Z.	BA
	21:15 - 22:00	SOFT PILATES	ANA R.	MS
	22:05 - 22:50	FULL BODY	DAVID K.	MS

WEDNESDAY	08:00 - 08:45	MORNING YOGA	ANA R.	MS
	09:00 - 09:45	YOGA PILATES	ANA M.	MS
	10:00 - 10:45	BIG BALL PILATES	ANA M.	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	GIORGI N.	CS
	19:15 - 20:15	BODY BALLET (🔒)	VIKA K.	MS
	20:00 - 20:45	SPINNING	GIORGI N.	CS
	20:00 - 21:00	BOXING	SABA Z.	BA
	20:30 - 21:15	STRETCHING	NINO M.	MS
	21:00 - 22:00	BOXING	SABA Z.	BA
	21:30 - 22:30	HIFT	TAZO 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

Download on the App Store

GET IT ON Google Play

GROUP CLASS SCHEDULE
OKTOPUS SANDRO EULI BRANCH

NOVEMBER, 2026

THURSDAY	09:00 - 09:45	INTENSIVE 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	YOGA WHEEL	ANASTASIA M.	MS
	19:00 - 19:45	SPINNING	GIORGI N.	CS
	19:00 - 19:45	SQUATS	MANUKI B.	MS
	19:00 - 19:30	TOTAL ABS	GIORGI ZH.	FA
	20:00 - 20:45	SPINNING	GIORGI N.	CS
	20:00 - 21:00	BOXING	SABA Z.	BA
	20:15 - 21:00	POWER SCULPT PILATES	ANA R.	MS
	21:15 - 22:00	SOFT PILATES	ANA R.	MS
	21:00 - 22:00	BOXING	SABA Z.	BA
	22:15 - 22:45	ABS & STRETCH	NANO O.	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	GIORGI N.	CS
	19:15 - 20:15	BODY BALLET (₾)	VIKA K.	BA
	20:00 - 20:45	SPINNING	GIORGI N.	CS
	20:00 - 21:00	BOXING	SABA Z.	BA
	20:30 - 21:15	SQUATS L2	MANUKI B.	MS
	21:00 - 22:00	BOXING	SABA Z.	BA
	22:00 - 23:00	METCON CLASS	IRAKLI K.	MS
SATURDAY	10:00 - 10:45	PILATES	ANA R.	MS
	11:00 - 11:45	POWER SCULPT PILATES	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
	18:00 - 18:45	LOWER BODY + ABS	GIORGI ZH.	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
	16:30 - 17:15	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