



# TORII PHYSICAL FITNESS CENTER GROUP EXERCISE SCHEDULE

**APRIL**



MON	TUE	WED	THU	FRI	SAT
1 5:00-6:00 pm <b>Spin Fusion</b> Morna Williams **on the outdoor fitness area	2 4:00-4:45 pm <b>Jiu-Jitsu kids 5-6</b> 4:45-5:45 pm <b>Jiu-Jitsu kids 7-10</b> 5:45-6:45 pm <b>Jiu-Jitsu kids 11+</b> Nic Cartwright	3 5:00-6:00 pm <b>Spin Fusion</b> Morna Williams **on the outdoor fitness area 5:30-6:30 pm <b>Beach Yoga</b> Maya Hayashi Torii Beach	4 4:00-4:45 pm <b>Jiu-Jitsu kids 5-6</b> 4:45-5:45 pm <b>Jiu-Jitsu kids 7-10</b> 5:45-6:45 pm <b>Jiu-Jitsu kids 11+</b> Nic Cartwright	5	6
8 5:00-6:00 pm <b>Spin Fusion</b> Morna Williams **on the outdoor fitness area	9 4:00-4:45 pm <b>Jiu-Jitsu kids 5-6</b> 4:45-5:45 pm <b>Jiu-Jitsu kids 7-10</b> 5:45-6:45 pm <b>Jiu-Jitsu kids 11+</b> Nic Cartwright	10 5:00-6:00 pm <b>Spin Fusion</b> Morna Williams **on the outdoor fitness area 5:30-6:30 pm <b>Beach Yoga</b> Maya Hayashi Torii Beach	11 4:00-4:45 pm <b>Jiu-Jitsu kids 5-6</b> 4:45-5:45 pm <b>Jiu-Jitsu kids 7-10</b> 5:45-6:45 pm <b>Jiu-Jitsu kids 11+</b> Nic Cartwright	12	13
15 5:00-6:00 pm <b>Spin Fusion</b> Morna Williams **on the outdoor fitness area	16 4:00-4:45 pm <b>Jiu-Jitsu kids 5-6</b> 4:45-5:45 pm <b>Jiu-Jitsu kids 7-10</b> 5:45-6:45 pm <b>Jiu-Jitsu kids 11+</b> Nic Cartwright	17 5:00-6:00 pm <b>Spin Fusion</b> Morna Williams **on the outdoor fitness area 5:30-6:30 pm <b>Beach Yoga</b> Maya Hayashi Torii Beach	18 4:00-4:45 pm <b>Jiu-Jitsu kids 5-6</b> 4:45-5:45 pm <b>Jiu-Jitsu kids 7-10</b> 5:45-6:45 pm <b>Jiu-Jitsu kids 11+</b> Nic Cartwright	19	20 <b>Spring Fest Open Post Event 1200-1800 Torii Beach</b>
22	23 4:00-4:45 pm <b>Jiu-Jitsu kids 5-6</b> 4:45-5:45 pm <b>Jiu-Jitsu kids 7-10</b> 5:45-6:45 pm <b>Jiu-Jitsu kids 11+</b> Nic Cartwright	24 5:30-6:30 pm <b>Beach Yoga</b> Maya Hayashi Torii Beach	25 4:00-4:45 pm <b>Jiu-Jitsu kids 5-6</b> 4:45-5:45 pm <b>Jiu-Jitsu kids 7-10</b> 5:45-6:45 pm <b>Jiu-Jitsu kids 11+</b> Nic Cartwright	26	27
29	30				



• APRIL 2024 •

# Brazilian Jiu-Jitsu



**Fundamentals Program Instructor:**  
**Nic Cartwright**

Learn self-defense, gain confidence and discipline, get fit,

challenge yourself, and have fun  
Class Fee: \$15/per class or \$80/month

Tuesdays and Thursdays

Torii Gymnasium Group Exercise Room

4pm-4:45pm : Kids age 5-6

(Max 10 persons per class)

4:45pm-5:45pm : Kids age 7-10

(Max 16 persons per class)

5:45pm-6:45pm : Kids age 11+

(Max 16 persons per class)

Children all ages must be accompanied by an adult or guardian during class

# SPIN FUSION



● Morna Williams ●

A dynamic class that blends HIIT cycling and mat-based exercises for a total body workout to boost endurance, burn calories and sculpt lean muscle



Class Fee: \$5/person

Mondays and Wednesdays 5pm-6pm

Torii Fitness Center Outdoor Fitness Area

Register/pay at Torii Fitness Center prior to class

either in person or over the phone

# BEACH YOGA

with Maya



Class Fee: \$5/person  
Wednesdays 5:30pm-6:30pm  
Torii Beach by Pavilion 7

In case of inclement weather the class will be canceled  
Register and pay at Torii Fitness Center prior to class  
either in person or over the phone



Torii Physical Fitness Center | 652-4334/098-962-4334

torii.armymwr.com

toriimwrokinawa