



TORII PHYSICAL FITNESS CENTER GROUP EXERCISE SCHEDULE

FEBRUARY



MON	TUE	WED	THU	FRI	SAT
			1 4:00-4:45 pm <i>Jiu-Jitsu kids 5-6</i> 4:45-5:45 pm <i>Jiu-Jitsu kids 7-10</i> 5:45-6:45 pm <i>Jiu-Jitsu kids 11+</i> Nic Cartwright	2	3 Torii Fitness Center closed due to power outage
5 5:00-6:00 pm <i>Spin Fusion</i> Morna Williams **on the outdoor fitness area	6 4:00-4:45 pm <i>Jiu-Jitsu kids 5-6</i> 4:45-5:45 pm <i>Jiu-Jitsu kids 7-10</i> 5:45-6:45 pm <i>Jiu-Jitsu kids 11+</i> Nic Cartwright	7 5:00-6:00 pm <i>Spin Fusion</i> Morna Williams **on the outdoor fitness area	8 4:00-4:45 pm <i>Jiu-Jitsu kids 5-6</i> 4:45-5:45 pm <i>Jiu-Jitsu kids 7-10</i> 5:45- 6:45 pm <i>Jiu-Jitsu kids 11+</i> Nic Cartwright	9	10 8:00-9:00 am <i>Yoga</i> Morna Williams
12 5:00-6:00 pm <i>Spin Fusion</i> Morna Williams **on the outdoor fitness area	13 4:00-4:45 pm <i>Jiu-Jitsu kids 5-6</i> 4:45-5:45 pm <i>Jiu-Jitsu kids 7-10</i> 5:45-6:45 pm <i>Jiu-Jitsu kids 11+</i> Nic Cartwright	14 5:00-6:00 pm <i>Spin Fusion</i> Morna Williams **on the outdoor fitness area	15 4:00-4:45 pm <i>Jiu-Jitsu kids 5-6</i> 4:45-5:45 pm <i>Jiu-Jitsu kids 7-10</i> 5:45-6:45 pm <i>Jiu-Jitsu kids 11+</i> Nic Cartwright	16	17 8:00-9:00 am <i>Yoga</i> Morna Williams
19 Presidents Day Holiday No Class Torii Fitness Center CLOSED	20 4:00-4:45 pm <i>Jiu-Jitsu kids 5-6</i> 4:45-5:45 pm <i>Jiu-Jitsu kids 7-10</i> 5:45-6:45 pm <i>Jiu-Jitsu kids 11+</i> Nic Cartwright	21 5:00-6:00 pm <i>Spin Fusion</i> Morna Williams **on the outdoor fitness area	22 DFMWR Training Day No Classes Torii Fitness Center CLOSED	23	24 8:00-9:00 am <i>Yoga</i> Morna Williams
26 5:00-6:00 pm <i>Spin Fusion</i> Morna Williams **on the outdoor fitness area	27 4:00-4:45 pm <i>Jiu-Jitsu kids 5-6</i> 4:45-5:45 pm <i>Jiu-Jitsu kids 7-10</i> 5:45-6:45 pm <i>Jiu-Jitsu kids 11+</i> Nic Cartwright	28 5:00-6:00 pm <i>Spin Fusion</i> Morna Williams **on the outdoor fitness area	29 4:00-4:45 pm <i>Jiu-Jitsu kids 5-6</i> 4:45-5:45 pm <i>Jiu-Jitsu kids 7-10</i> 5:45-6:45 pm <i>Jiu-Jitsu kids 11+</i> Nic Cartwright		

• FEBRUARY 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

YOGA

● Morna Williams ●



Strength & Flow Yoga - an ideal class for beginners. This thoughtfully designed class not only introduces you to the joy of yoga but also seamlessly integrates elements to enhance your balance, strengthen your core, and build resilience through fluid yoga movements. Join us for a holistic experience that nurtures both body and mind.

New Class Fee: \$5/person
Saturdays 8-9am

Torii Gymnasium Group Exercise Room
Register/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