



TORII PHYSICAL FITNESS CENTER GROUP EXERCISE SCHEDULE

MARCH



SPORTS • FITNESS • AQUATICS

MON	TUE	WED	THU	FRI	SAT
		1 1100-1200: <i>DoDEA Wellness Program</i> Lindsey Craft	2 1000-1130 <i>Women's Self Defense Class</i> Robert McLain 1630-1730 <i>Jiu-Jitsu kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> Nic Cartwright	3	4
6	7 1000-1130 <i>Women's Self Defense Class</i> Robert McLain 1630-1730 <i>Jiu-Jitsu kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> 1830-2000 <i>Adult Jiu-Jitsu</i> Nice Cartwright	8 1100-1200: <i>DoDEA Wellness Program</i> Lindsey Craft	9 1000-1130 <i>Women's Self Defense Class</i> Robert McLain 1630-1730 <i>Jiu-Jitsu kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> 1830-2000 <i>Adult Jiu-Jitsu</i> Nice Cartwright	10	11
13	14 1000-1130 <i>Women's Self Defense Class</i> Robert McLain 1630-1730 <i>Jiu-Jitsu kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> 1830-2000 <i>Adult Jiu-Jitsu</i> Nice Cartwright	15 1100-1200: <i>DoDEA Wellness Program</i> Lindsey Craft	16 1000-1130 <i>Women's Self Defense Class</i> Robert McLain 1630-1730 <i>Jiu-Jitsu kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> 1830-2000 <i>Adult Jiu-Jitsu</i> Nice Cartwright	17	18
20	21 1000-1130 <i>Women's Self Defense Class</i> Robert McLain 1630-1730 <i>Jiu-Jitsu kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> 1830-2000 <i>Adult Jiu-Jitsu</i> Nice Cartwright	22 1100-1200: <i>DoDEA Wellness Program</i> Lindsey Craft	23 1000-1130 <i>Women's Self Defense Class</i> Robert McLain 1630-1730 <i>Jiu-Jitsu kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> 1830-2000 <i>Adult Jiu-Jitsu</i> Nice Cartwright	24	25
27	28 1000-1130 <i>Women's Self Defense Class</i> Robert McLain 1630-1730 <i>Jiu-Jitsu kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> 1830-2000 <i>Adult Jiu-Jitsu</i> Nice Cartwright	29 1100-1200: <i>DoDEA Wellness Program</i> Lindsey Craft	30 1000-1130 <i>Women's Self Defense Class</i> Robert McLain 1630-1730 <i>Jiu-Jitsu kids 6-9</i> 1730-1830 <i>Jiu-Jitsu 9+</i> 1830-2000 <i>Adult Jiu-Jitsu</i> Nice Cartwright	31	

Brazilian Jiu-Jitsu



Class Information

Tuesday & Thursday

***Age 6-9: 1630-1730**

***Age 9+: 1730-1830**

Adults: 1830-2000

Location: Gymnasium (Bldg. 266)

- Age 6-9 & 9+ or \$10/per class \$80/month
- Adults \$95/month (\$15 Drop in Fee)

**Children must be accompanied by an adult or guardian during class.*

**Fundamentals Program Instructor
Nic Cartwright**

Learn self-defense, gain confidence
and discipline, get fit, challenge
yourself, and have fun.



WOMEN'S SELF DEFENSE CLASS



Instructor: Robert McLain



Learn an empowering combination of natural body motions and principles for self-defense in a safe environment.

Class warmup exercises and conditioning are designed to improve stamina and strength while reducing the chance of injury.

Techniques from several martial art styles are covered to give participants a variety of tools at their disposal.

**First class will be
Thursday, 2 March 2023**

Cost: \$60/month
Tuesdays and Thursdays from 1000-1130
Torii Gymnasium Group Exercise Room
Pay at the front desk of Torii Fitness Center



For more info contact Torii Physical Fitness Center at 652-4334/098-962-4334.

torii.armymwr.com



[toriiwrokinawa](https://www.instagram.com/toriiwrokinawa)