



# TORII PHYSICAL FITNESS CENTER GROUP EXERCISE SCHEDULE

**JULY**



| MON | TUE | WED   | THU  | FRI | SAT |
|-----|-----|---|--|-----|-----|
| 1   | 2   | 3<br>6:00-7:00 pm <b>Beach Yoga</b><br>Maya Hayashi<br>Torii Beach  | 4<br>Independence Day Holiday<br>Fitness Center Closed | 5   | 6   |
| 8   | 9   | 10<br>6:00-7:00 pm <b>Beach Yoga</b><br>Maya Hayashi<br>Torii Beach | 11   | 12  | 13  |
| 15  | 16  | 17<br>6:00-7:00 pm <b>Beach Yoga</b><br>Maya Hayashi<br>Torii Beach | 18   | 19  | 20  |
| 22  | 23  | 24<br>6:00-7:00 pm <b>Beach Yoga</b><br>Maya Hayashi<br>Torii Beach | 25   | 26  | 27  |
| 29  | 30  | 31<br>6:00-7:00 pm <b>Beach Yoga</b><br>Maya Hayashi<br>Torii Beach |  |     |     |

• JULY 2024 •

# BEACH YOGA

*with Maya*



**Class Fee: \$5/person**  
**Wednesdays 6pm - 7pm**  
**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](http://torii.armymwr.com)

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