

TORII PHYSICAL FITNESS CENTER GROUP EXERCISE SCHEDULE

APRIL



			11 11 11	11 11	12 11 13
MON	TUE	WED	THU	FRI	SAT
5:00-6:00 pm Spin Fusion Morna Williams **on the outdoor fitness area	4:00-4:45 pm <i>Jiu-Jitsu kids</i> 5-6 4:45-5:45 pm <i>Jiu-Jitsu kids</i> 7-10 5:45-6:45 pm <i>Jiu-Jitsu kids</i> 11+ Nic Cartwright	5:00-6:00 pm Spin Fusion Morna Williams **on the outdoor fitness area 5:30-6:30 pm Beach Yoga Maya Hayashi Torii Beach	4:00-4:45 pm <i>Jiu-Jitsu kids</i> 5-6 4:45-5:45 pm <i>Jiu-Jitsu kids</i> 7-10 5:45-6:45 pm <i>Jiu-Jitsu kids</i> 11+ Nic Cartwright	5	6
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22	4:00-4:45 pm <i>Jiu-Jitsu kids</i> 5-6 4:45-5:45 pm <i>Jiu-Jitsu kids</i> 7-10 5:45-6:45 pm <i>Jiu-Jitsu kids</i> 11+ Nic Cartwright	5:30-6:30 pm Beach Yoga Maya Hayashi Torii Beach	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	26	27
29	30				

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+

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

(Max 16 persons per class)

SPIN FUSION



Morna Williams

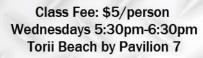
A dynamic class that blends HIIT cycling and mat-based exercises for a total body workout to boost endurance, burn calories and sculpt lean muscle



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





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







