



# TORII PHYSICAL FITNESS CENTER GROUP EXERCISE SCHEDULE

**AUGUST**



MON	TUE	WED	THU	FRI	SAT
			1	2	3
5	6	7 6:00-7:00 pm <b>Beach Yoga</b> Maya Hayashi Torii Beach	8	9	10
12	13	14 6:00-7:00 pm <b>Beach Yoga</b> Maya Hayashi Torii Beach	15	16	17
19	20	21 6:00-7:00 pm <b>Beach Yoga</b> Maya Hayashi Torii Beach	22	23	24
26	27	28 6:00-7:00 pm <b>Beach Yoga</b> Maya Hayashi Torii Beach	29	30	31

• 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/toriimwrokinawa)