

Sonki Fitness

Playa Vista Schedule

1. What to bring - water, towel (or mat), positive attitude, and a desire to improve your mind and body.
2. Location for 6:30am: Sports Park ([Map](#))
 --From Jefferson, turn into the Playa Vista Community on Playa Vista Drive. Take Playa Vista Drive until it ends (at the stop light).
 --Make a right turn onto Bluff Creek Drive. The Sports Park will be on the left hand side of the street.

Location for 6:30pm: Concert Park ([Map](#))
 --13020 Pacific Promenade, Playa Vista, CA 90045

MAY 6 – JUN 8

Mon	Tue	Wed	Thu	Fri	Sat
May 6 <i>6:30am, 6:30pm</i>	7	8 <i>6:30am, 6:30pm</i>	9	10 <i>6:30am, 6:30pm</i>	11
13 <i>6:30am, 6:30pm</i>	14	15 <i>6:30am, 6:30pm</i>	16	17 <i>6:30am, 6:30pm</i>	18 <i>Hiking at 9am (Temescal Canyon Park) - Map</i>
20 <i>6:30am, 6:30pm</i>	21	22 <i>6:30am, 6:30pm</i>	23	24 <i>6:30am, 6:30pm</i>	25
27 <i>6:30am, 6:30pm</i>	28	29 <i>6:30am, 6:30pm</i>	30	31 <i>6:30am, 6:30pm</i>	Jun 1
3 <i>6:30am, 6:30pm</i>	4	5 <i>6:30am, 6:30pm</i>	6	7 <i>6:30am, 6:30pm</i>	8