



## Santa Monica Schedule

1. *What to bring* - water, towel (or mat), positive attitude, and a desire to improve your mind and body.

2. *Locations* -

PP = Palisades Park ([Map](#))

--Meet across from Hotel Oceana on Ocean between Montana and Idaho.

--Plenty of metered parking along Ocean Ave.

LMS = Lincoln Middle School ([Map](#))

--1501 California Ave (meet by basketball courts)

### MAY 6 – JUN 8

**NOTE:** 6:30am & 6:30pm classes will meet at Lincoln Middle School on Wed's.

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