

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

MAR 24 – APR 25

Mon	Tue	Wed	Thu	Fri	Sat
Mar 24 <i>6:30am, 6:30pm</i>	25	26 <i>6:30am, 6:30pm</i>	27	28 <i>6:30am, 6:30pm</i>	29
31 <i>6:30am, 6:30pm</i>	Apr 1	2 <i>6:30am, 6:30pm</i>	3	4 <i>6:30am, 6:30pm</i>	5
7 <i>6:30am, 6:30pm</i>	8	9 <i>6:30am, 6:30pm</i>	10	11 <i>6:30am, 6:30pm</i>	12 <i>Hiking at 9am (Temescal Canyon Park) - Map</i>
14 <i>6:30am, 6:30pm</i>	15	16 <i>6:30am, 6:30pm</i>	17	18 <i>6:30am, 6:30pm</i>	19
21 <i>6:30am, 6:30pm</i>	22	23 <i>6:30am, 6:30pm</i>	24	25 <i>6:30am, 6:30pm</i>	26