



Westwood Schedule

1. What to bring - water, towel (or mat), positive attitude, and a desire to improve your mind and body.
2. Location - Westwood Park ([Map](#))
--1350 S. Sepulveda Blvd.; LA, CA 90024
--Meet east of the basketball court on the Veteran side.

MAR 25 – APR 24

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