

# 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  
Location for both 6:30am and pm on Fridays: Del Rey Lagoon Park ([Map](#))  
 --Park by the basketball courts.

### MAY 5 – JUN 6

Mon	Tue	Wed	Thu	Fri	Sat
<b>May 5</b> <i>6:30am, 6:30pm</i>	<b>6</b>	<b>7</b> <i>6:30am, 6:30pm</i>	<b>8</b>	<b>9</b> <i>6:30am, 6:30pm (Del Rey)</i>	<b>10</b>
<b>12</b> <i>6:30am, 6:30pm</i>	<b>13</b>	<b>14</b> <i>6:30am, 6:30pm</i>	<b>15</b>	<b>16</b> <i>6:30am, 6:30pm (Del Rey)</i>	<b>17</b>
<b>19</b> <i>6:30am, 6:30pm</i>	<b>20</b>	<b>21</b> <i>6:30am, 6:30pm</i>	<b>22</b>	<b>23</b> <i>6:30am, 6:30pm (Del Rey)</i>	<b>24</b> <i>Hiking at 9am (Temescal Canyon Park) - <a href="#">Map</a></i>
<b>26</b> <i>6:30am, 6:30pm</i>	<b>27</b>	<b>28</b> <i>6:30am, 6:30pm</i>	<b>29</b>	<b>30</b> <i>6:30am, 6:30pm (Del Rey)</i>	<b>31</b>
<b>Jun 2</b> <i>6:30am, 6:30pm</i>	<b>3</b>	<b>4</b> <i>6:30am, 6:30pm</i>	<b>5</b>	<b>6</b> <i>6:30am, 6:30pm (Del Rey)</i>	<b>7</b>