



Santa Monica Schedule

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

2. *Locations* -

Santa Monica State Beach ([Map](#)) – (6:30am, 8:30am M/W/F & Sat 9am class)

--Meet by bathrooms on Parking Lot 8 North, right next to the Jonathan Beach Club. You can park on Palisades Park and walk down the Montana stairs.

Lincoln Middle School ([Map](#)) – (6:30pm M/W/F class)

--Meet in the outdoor basketball court area. You can enter on 15th and Washington or 15th and California.

Clover Park ([Map](#)) – (6:30pm Tu/Th class)

--Meet near the observation tower at 25th St between Oak St. and Hill Pl.

MAY 5 – JUN 7

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