

Sonki Fitness

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.

MAY 6 – JUN 5

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