



Santa Monica Schedule

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

2. Locations -

Palisades Park ([Map](#)) – **(6:30am & 8:30am M/W/F, 6:30pm M/W, 9am Sat)**

--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 class on Fri's)**

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

JUL 28 – AUG 30

Mon	Tue	Wed	Thu	Fri	Sat
Jul 28 <i>6:30am, 8:30am, 6:30pm</i>	29	30 <i>6:30am, 8:30am, 6:30pm</i>	31	Aug 1 <i>6:30am, 8:30am, 6:30pm</i>	2 <i>9am</i>
4 <i>6:30am, 8:30am, 6:30pm</i>	5	6 <i>6:30am, 8:30am, 6:30pm</i>	7	8 <i>6:30am, 8:30am, 6:30pm</i>	9 <i>9am</i>
11 <i>6:30am, 8:30am, 6:30pm</i>	12	13 <i>6:30am, 8:30am, 6:30pm</i>	14	15 <i>6:30am, 8:30am, 6:30pm</i>	16 <i>Hiking at 9am (Temescal Canyon Park) - Map</i>
18 <i>6:30am, 8:30am, 6:30pm</i>	19	20 <i>6:30am, 8:30am, 6:30pm</i>	21	22 <i>6:30am, 8:30am, 6:30pm</i>	23 <i>9am</i>
25 <i>6:30am, 8:30am, 6:30pm</i>	26	27 <i>6:30am, 8:30am, 6:30pm</i>	28	29 <i>6:30am, 8:30am, 6:30pm</i>	30 <i>9am</i>