



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.

JUL 29 – AUG 28

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