

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.

SEP 8 – OCT 10

Mon	Tue	Wed	Thu	Fri	Sat
Sep 8 <i>6:30am, 6:30pm</i>	9	10 <i>6:30am, 6:30pm</i>	11	12 <i>6:30am, 6:30pm (Del Rey)</i>	13
15 <i>6:30am, 6:30pm</i>	16	17 <i>6:30am, 6:30pm</i>	18	19 <i>6:30am, 6:30pm (Del Rey)</i>	20
22 <i>6:30am, 6:30pm</i>	23	24 <i>6:30am, 6:30pm</i>	25	26 <i>6:30am, 6:30pm (Del Rey)</i>	27 <i>Hiking at 9am (Temescal Canyon Park) - Map</i>
29 <i>6:30am, 6:30pm</i>	30	Oct 1 <i>6:30am, 6:30pm</i>	2	3 <i>6:30am, 6:30pm (Del Rey)</i>	4
6 <i>6:30am, 6:30pm</i>	7	8 <i>6:30am, 6:30pm</i>	9	10 <i>6:30am, 6:30pm (Del Rey)</i>	11