



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 across from Oceana Hotel just south of Montana Ave.

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.

SEP 8 – OCT 11

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