

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.

SEP 9 – OCT 9

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