

# 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

### OCT 20 – NOV 21

Mon	Tue	Wed	Thu	Fri	Sat
<b>Oct 20</b> <i>6:30am, 6:30pm</i>	<b>21</b>	<b>22</b> <i>6:30am, 6:30pm</i>	<b>23</b>	<b>24</b> <i>6:30am, 6:30pm</i>	<b>25</b>
<b>27</b> <i>6:30am, 6:30pm</i>	<b>28</b>	<b>29</b> <i>6:30am, 6:30pm</i>	<b>30</b>	<b>31</b> <i>6:30am, 6:30pm</i>	<b>Nov 1</b>
<b>3</b> <i>6:30am, 6:30pm</i>	<b>4</b>	<b>5</b> <i>6:30am, 6:30pm</i>	<b>6</b>	<b>7</b> <i>6:30am, 6:30pm</i>	<b>8</b> <i>Hiking at 9am (Temescal Canyon Park) - <a href="#">Map</a></i>
<b>10</b> <i>6:30am, 6:30pm</i>	<b>11</b>	<b>12</b> <i>6:30am, 6:30pm</i>	<b>13</b>	<b>14</b> <i>6:30am, 6:30pm</i>	<b>15</b>
<b>17</b> <i>6:30am, 6:30pm</i>	<b>18</b>	<b>19</b> <i>6:30am, 6:30pm</i>	<b>20</b>	<b>21</b> <i>6:30am, 6:30pm</i>	<b>22</b>