



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.

OCT 20 – NOV 22

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