



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.

OCT 21 – NOV 20

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