



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.

DEC 1 – 20

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|-----------|--|-----------|--|--|
| Dec 1 <i>6:30am, 8:30am, 6:30pm</i> | 2 | 3 <i>6:30am, 8:30am, 6:30pm</i> | 4 | 5 <i>6:30am, 8:30am, 6:30pm</i> | 6 <i>9am</i> |
| 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>Hiking at 9am (Temescal Canyon Park) - Map</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> |