

Sonki Fitness

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.

MAR 23 – APR 25

Mon	Tue	Wed	Thu	Fri	Sat
Mar 23 <i>6:30am, 8:30am, 6:30pm</i>	24	25 <i>6:30am, 8:30am, 6:30pm</i>	26	27 <i>6:30am, 8:30am, 6:30pm</i>	28 <i>9am</i>
30 <i>6:30am, 8:30am, 6:30pm</i>	31	Apr 1 <i>6:30am, 8:30am, 6:30pm</i>	2	3 <i>6:30am, 8:30am, 6:30pm</i>	4 <i>9am</i>
6 <i>6:30am, 8:30am, 6:30pm</i>	7	8 <i>6:30am, 8:30am, 6:30pm</i>	9	10 <i>6:30am, 8:30am, 6:30pm</i>	11 <i>Hiking at 9am (Temescal Canyon Park) - Map</i>
13 <i>6:30am, 8:30am, 6:30pm</i>	14	15 <i>6:30am, 8:30am, 6:30pm</i>	16	17 <i>6:30am, 8:30am, 6:30pm</i>	18 <i>9am</i>
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>