



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.

MAY 4 – JUN 6

| Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------------------------------|-----------|--------------------------------------------|-----------|--------------------------------------------|--------------------------------------------------------------------------------|
| May 4 <i>6:30am, 8:30am, 6:30pm</i> | 5 | 6 <i>6:30am, 8:30am, 6:30pm</i> | 7 | 8 <i>6:30am, 8:30am, 6:30pm</i> | 9 <i>9am</i> |
| 11 <i>6:30am, 8:30am, 6:30pm</i> | 12 | 13 <i>6:30am, 8:30am, 6:30pm</i> | 14 | 15 <i>6:30am, 8:30am, 6:30pm</i> | 16 <i>9am</i> |
| 18 <i>6:30am, 8:30am, 6:30pm</i> | 19 | 20 <i>6:30am, 8:30am, 6:30pm</i> | 21 | 22 <i>6:30am, 8:30am, 6:30pm</i> | 23 <i>9am</i> |
| 25 <i>6:30am, 8:30am, 6:30pm</i> | 26 | 27 <i>6:30am, 8:30am, 6:30pm</i> | 28 | 29 <i>6:30am, 8:30am, 6:30pm</i> | 30 <i>Hiking at 9am (Temescal Canyon Park) - Map</i> |
| Jun 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> |