



Santa Monica Schedule

1. What to bring - water, towel (or mat), positive attitude, and a desire to improve your mind and body.

2. Location -

Palisades Park ([Map](#)) – (6:30am & 8:30am M/W/F, 6:30pm M/W, 9am Sat)

--Meet at Ocean Ave. just south of Montana Ave., across from Oceana Hotel.

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 19 – NOV 21

Mon	Tue	Wed	Thu	Fri	Sat
Oct 19 <i>6:30am, 8:30am, 6:30pm</i>	20	21 <i>6:30am, 8:30am, 6:30pm</i>	22	23 <i>6:30am, 8:30am, 6:30pm</i>	24 <i>9am</i>
26 <i>6:30am, 8:30am, 6:30pm</i>	27	28 <i>6:30am, 8:30am, 6:30pm</i>	29	30 <i>6:30am, 8:30am, 6:30pm</i>	31 <i>9am</i>
Nov 2 <i>6:30am, 8:30am, 6:30pm</i>	3	4 <i>6:30am, 8:30am, 6:30pm</i>	5	6 <i>6:30am, 8:30am, 6:30pm</i>	7 <i>Hiking at 9am (Temescal Canyon Park) - Map</i>
9 <i>6:30am, 8:30am, 6:30pm</i>	10	11 <i>6:30am, 8:30am, 6:30pm</i>	12	13 <i>6:30am, 8:30am, 6:30pm</i>	14 <i>9am</i>
16 <i>6:30am, 8:30am, 6:30pm</i>	17	18 <i>6:30am, 8:30am, 6:30pm</i>	19	20 <i>6:30am, 8:30am, 6:30pm</i>	21 <i>9am</i>