



## 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 15<sup>th</sup> and Washington or 15<sup>th</sup> and California.

### NOV 30 – DEC 19

Mon	Tue	Wed	Thu	Fri	Sat
<b>Nov 30</b> <i>6:30am, 8:30am, 6:30pm</i>	<b>Dec 1</b>	<b>2</b> <i>6:30am, 8:30am, 6:30pm</i>	<b>3</b>	<b>4</b> <i>6:30am, 8:30am, 6:30pm</i>	<b>5</b> <i>9am</i>
<b>7</b> <i>6:30am, 8:30am, 6:30pm</i>	<b>8</b>	<b>9</b> <i>6:30am, 8:30am, 6:30pm</i>	<b>10</b>	<b>11</b> <i>6:30am, 8:30am, 6:30pm</i>	<b>12</b> <i>Hiking at 9am (Temescal Canyon Park) - <a href="#">Map</a></i>
<b>14</b> <i>6:30am, 8:30am, 6:30pm</i>	<b>15</b>	<b>16</b> <i>6:30am, 8:30am, 6:30pm</i>	<b>17</b>	<b>18</b> <i>6:30am, 8:30am, 6:30pm</i>	<b>19</b> <i>9am</i>