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. *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.

MAY 9 – JUN 11

Mon	Tue	Wed	Thu	Fri	Sat
May 9 *6:30am, 8:30am, 6:30pm*	**10**	**11** *6:30am, 8:30am, 6:30pm*	**12**	**13** *6:30am, 8:30am, 6:30pm*	**14** *9am*
16 *6:30am, 8:30am, 6:30pm*	**17**	**18** *6:30am, 8:30am, 6:30pm*	**19**	**20** *6:30am, 8:30am, 6:30pm*	**21** *9am*
23 *6:30am, 8:30am, 6:30pm*	**24**	**25** *6:30am, 8:30am, 6:30pm*	**26**	**27** *6:30am, 8:30am, 6:30pm*	**28** *Hiking at 9am (Temescal Canyon Park) - Map*
30 *6:30am, 8:30am, 6:30pm*	**31**	**Jun 1** *6:30am, 8:30am, 6:30pm*	**2**	**3** *6:30am, 8:30am, 6:30pm*	**4** *9am*
6 *6:30am, 8:30am, 6:30pm*	**7**	**8** *6:30am, 8:30am, 6:30pm*	**9**	**10** *6:30am, 8:30am, 6:30pm*	**11** *9am*