



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.

JUN 20 – JUL 23

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----------|--|-----------|---|---|
| Jun 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> |
| 27 <i>6:30am, 8:30am, 6:30pm</i> | 28 | 29 <i>6:30am, 8:30am, 6:30pm</i> | 30 | Jul 1 <i>6:30am, 8:30am, 6:30pm</i> | 2 <i>9am</i> |
| 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>Hiking at 9am (Temescal Canyon Park) - Map</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> |