



Playa Vista Schedule

1. What to bring - water, towel (or mat), positive attitude, and a desire to improve your mind and body.
2. Location for 6:30am: Sports Park ([Map](#))
 --13196 W Bluff Creek Dr, Los Angeles, CA 90094
Location for 6:30pm: Celadon Park ([Map](#))
 --12923 W Bluff Creek Dr, Playa Vista, CA 90094

AUG 1 – SEP 3

| Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------------------|-----------|------------------------------------|--------------|------------------------------------|--|
| Aug 1 <i>6:30am, 6:30pm</i> | 2 | 3 <i>6:30am, 6:30pm</i> | 4 | 5 <i>6:30am, 6:30pm</i> | 6 |
| 8 <i>6:30am, 6:30pm</i> | 9 | 10 <i>6:30am, 6:30pm</i> | 11 | 12 <i>6:30am, 6:30pm</i> | 13 |
| 15 <i>6:30am, 6:30pm</i> | 16 | 17 <i>6:30am, 6:30pm</i> | 18 | 19 <i>6:30am, 6:30pm</i> | 20 <i>Hiking at 9am (Temescal Canyon Park) - Map</i> |
| 22 <i>6:30am, 6:30pm</i> | 23 | 24 <i>6:30am, 6:30pm</i> | 25 | 26 <i>6:30am, 6:30pm</i> | 27 |
| 29 <i>6:30am, 6:30pm</i> | 30 | 31 <i>6:30am, 6:30pm</i> | Sep 1 | 2 <i>6:30am, 6:30pm</i> | 3 |