



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.

AUG 1 – SEP 3

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