



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.

OCT 17 – NOV 19

Mon	Tue	Wed	Thu	Fri	Sat
Oct 17 <i>6:30am, 8:30am, 6:30pm</i>	18	19 <i>6:30am, 8:30am, 6:30pm</i>	20	21 <i>6:30am, 8:30am, 6:30pm</i>	22 <i>9am</i>
24 <i>6:30am, 8:30am, 6:30pm</i>	25	26 <i>6:30am, 8:30am, 6:30pm</i>	27	28 <i>6:30am, 8:30am, 6:30pm</i>	29 <i>9am</i>
31 <i>6:30am, 8:30am, 6:30pm</i>	Nov 1	2 <i>6:30am, 8:30am, 6:30pm</i>	3	4 <i>6:30am, 8:30am, 6:30pm</i>	5 <i>Hiking at 9am (Temescal Canyon Park) - Map</i>
7 <i>6:30am, 8:30am, 6:30pm</i>	8	9 <i>6:30am, 8:30am, 6:30pm</i>	10	11 <i>6:30am, 8:30am, 6:30pm</i>	12 <i>9am</i>
14 <i>6:30am, 8:30am, 6:30pm</i>	15	16 <i>6:30am, 8:30am, 6:30pm</i>	17	18 <i>6:30am, 8:30am, 6:30pm</i>	19 <i>9am</i>