

Sonki Fitness

Westwood Schedule

1. *What to bring* - water, towel (or mat), positive attitude, and a desire to improve your mind and body.
2. *Location* - Westwood Park ([Map](#))
 --1350 S. Sepulveda Blvd.; LA, CA 90024
 --Meet east of the basketball court on the Veteran side.

OCT 17 – NOV 19

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