



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.

FEB 13 – MAR 18

Mon	Tue	Wed	Thu	Fri	Sat
Feb 13	14 <i>6:30am</i>	15	16 <i>6:30am</i>	17	18
20	21 <i>6:30am</i>	22	23 <i>6:30am</i>	24	25
27	28 <i>6:30am</i>	Mar 1	2 <i>6:30am</i>	3	4 <i>Hiking at 9am (Temescal Canyon Park) - Map</i>
6	7 <i>6:30am</i>	8	9 <i>6:30am</i>	10	11
13	14 <i>6:30am</i>	15	16 <i>6:30am</i>	17	18