



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.

MAR 27 – APR 29

Mon	Tue	Wed	Thu	Fri	Sat
Mar 27	28 <i>6:30am</i>	29	30 <i>6:30am</i>	31	Apr 1
3	4 <i>6:30am</i>	5	6 <i>6:30am</i>	7	8
10	11 <i>6:30am</i>	12	13 <i>6:30am</i>	14	15 <i>Hiking at 9am (Temescal Canyon Park) - Map</i>
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