

# Sonki Fitness

## 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 15<sup>th</sup> and Washington or 15<sup>th</sup> and California.

### JUL 31 – SEP 2

| Mon  | Tue          | Wed  | Thu       | Fri   | Sat                     |
|--|--------------|--|-----------|---|-------------------------|
| <b>Jul 31</b><br><i>6:30am, 8:30am, 6:30pm</i> | <b>Aug 1</b> | <b>2</b><br><i>6:30am, 8:30am, 6:30pm</i>  | <b>3</b>  | <b>4</b><br><i>6:30am, 8:30am, 6:30pm</i>     | <b>5</b><br><i>9am</i>  |
| <b>7</b><br><i>6:30am, 8:30am, 6:30pm</i>      | <b>8</b>     | <b>9</b><br><i>6:30am, 8:30am, 6:30pm</i>  | <b>10</b> | <b>11</b><br><i>6:30am, 8:30am, 6:30pm</i>    | <b>12</b><br><i>9am</i> |
| <b>14</b><br><i>6:30am, 8:30am, 6:30pm</i>     | <b>15</b>    | <b>16</b><br><i>6:30am, 8:30am, 6:30pm</i> | <b>17</b> | <b>18</b><br><i>6:30am, 8:30am, 6:30pm</i>    | <b>19</b><br><i>9am</i> |
| <b>21</b><br><i>6:30am, 8:30am, 6:30pm</i>     | <b>22</b>    | <b>23</b><br><i>6:30am, 8:30am, 6:30pm</i> | <b>24</b> | <b>25</b><br><i>6:30am, 8:30am, 6:30pm</i>    | <b>26</b><br><i>9am</i> |
| <b>28</b><br><i>6:30am, 8:30am, 6:30pm</i>     | <b>29</b>    | <b>30</b><br><i>6:30am, 8:30am, 6:30pm</i> | <b>31</b> | <b>Sep 1</b><br><i>6:30am, 8:30am, 6:30pm</i> | <b>2</b><br><i>9am</i>  |