

# Sonki Fitness

## Playa Vista Schedule

1. *What to bring* - water, towel (or mat), positive attitude, and a desire to improve your mind and body.
2. *Location for 6:30am*: Sports Park ([Map](#))  
--13196 W Bluff Creek Dr, Los Angeles, CA 90094
- Location for 6:30pm*: Crescent Park ([Map](#))  
--7225 Crescent Park W, Playa Vista, CA 90094

### FEB 12 – MAR 17

Mon	Tue	Wed	Thu	Fri	Sat
<b>Feb 12</b> <i>6:30am, 6:30pm</i>	<b>13</b>	<b>14</b> <i>6:30am, 6:30pm</i>	<b>15</b>	<b>16</b> <i>6:30am, 6:30pm</i>	<b>17</b>
<b>19</b> <i>6:30am, 6:30pm</i>	<b>20</b>	<b>21</b> <i>6:30am, 6:30pm</i>	<b>22</b>	<b>23</b> <i>6:30am, 6:30pm</i>	<b>24</b>
<b>26</b> <i>6:30am, 6:30pm</i>	<b>27</b>	<b>28</b> <i>6:30am, 6:30pm</i>	<b>Mar 1</b>	<b>2</b> <i>6:30am, 6:30pm</i>	<b>3</b> <i>Hiking at 9am (Temescal Canyon Park) - <a href="#">Map</a></i>
<b>5</b> <i>6:30am, 6:30pm</i>	<b>6</b>	<b>7</b> <i>6:30am, 6:30pm</i>	<b>8</b>	<b>9</b> <i>6:30am, 6:30pm</i>	<b>10</b>
<b>12</b> <i>6:30am, 6:30pm</i>	<b>13</b>	<b>14</b> <i>6:30am, 6:30pm</i>	<b>15</b>	<b>16</b> <i>6:30am, 6:30pm</i>	<b>17</b>