

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 15th and Washington or 15th and California.

FEB 12 – MAR 17

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