

	2025 South Bay Family Roundup	
	Friday, August 29, 2025	
Time	Style	Facilitator
4:00 PM	OPEN	
5:00 PM	OPEN	
6:00 PM	OPEN	
7:00 PM		Opening Ceremony
8:00 PM		Closed
9:00 PM		Closed
10:00 PM		Closed
	Saturday, August 30, 2025	
Time	Style	Facilitator
6:00 AM	OPEN	
7:00 AM	SUNRISE POOLSIDE YOGA	Tara, Redondo Beach
8:00 AM	OPEN	
9:00 AM	GUIDED	Franny, Torrance
10:00 AM	GUIDED	Carter, Torrance
11:00 AM	OPEN	
12:00 PM	GUIDED	Artemis, San Pedro
1:00 PM	GUIDED	David B, Rancho Palos Verdes
2:00 PM	OPEN	
3:00 PM	GUIDED	Tanya W, Redondo Beach
4:00 PM	OPEN	
5:00 PM	SOUNDBATH	Susie, Redondo Beach
6:00 PM	HEALING MEDITATION	Gloria, Torrance
7:00 PM	SOUNDBATH	Gloria, Torrance
8:00 PM	OPEN	
9:00 PM	OPEN	
10:00 PM	OPEN	

	Sunday, August 31, 2025	
Time	Style	Facilitator
6:00 AM	OPEN	
7:00 AM	OPEN	
8:00 AM	GUIDED	Kelly P, Redondo Beach
9:00 AM	GUIDED	Franny, Torrance
10:00 AM	GUIDED	Sheri, Torrance
11:00 AM	OPEN	
12:00 PM	SOUNDBATH	Aaron G, Redondo Beach
1:00PM	OPEN	Michelle G
2:00PM	GUIDED	David B, Rancho Palos Verdes
3:00PM	GUIDED - Beginning a meditation practice	Lauren F, Manhattan Beach
4:00PM	OPEN	
5:00PM	GUIDED	Cherisse, Redondo Beach
6:00PM	GUIDED	Tami R, Redondo Beach
7:00PM	OPEN	
8:00PM	OPEN	
9:00PM	OPEN	
10:00PM	OPEN	