



CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS



CABRILLO BEACH BATHHOUSE

3800 STEPHEN M. WHITE DR. SAN PEDRO, CA 90731

(310) 548-7554 / CABRILLOBEACH.BATHHOUSE@LACITY.ORG

YOGGA



MONDAY... 5PM-6PM
THURSDAY... 10:30AM-11:30AM



FREE

MONTHLY SESSIONS AVAILABLE NOW
FOR ADULTS 18 & OVER

REGISTER HERE



NO CLASS ON MONDAY
JANUARY 19, FEBRUARY 16, MARCH 30, 2026



@CABRILLO_BEACH_BATHHOUSE



@CABRILLOBB

IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE ACCOMMODATION TO PARTICIPATE IN A CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS PROGRAM, SERVICE, OR ACTIVITY, REQUESTS MAY BE MADE BY CALLING THE FACILITY (310) 548-7554 OR 711 FOR CA RELAY. TEN DAYS IN ADVANCE OF THE EVENT, WE WILL DO OUR BEST TO FULFILL REQUESTS WITH LESS THAN TEN BUSINESS DAYS' NOTICE. IF A PARTICIPANT REQUIRES A ONE TO ONE AIDE, REQUESTS WILL BE FULFILLED WITHIN SEVEN BUSINESS DAYS OF RECEIVING REQUIRED PAPERWORK AND DOCUMENTATION NEEDED TO ISSUE A RIGHT OF ENTRY PERMIT TO THE AGENCY PROVIDING THE AIDE. PLAYLA YOUTH AND ADAPTIVE SPORTS PROGRAM IS MADE POSSIBLE BY THE LA28 OLYMPIC AND PARALYMPIC GAMES. WAIVERS AVAILABLE FOR THOSE WHO QUALIFY, ASK FOR DETAILS. CLASSES AND PROGRAMS ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT PRIOR NOTICE.