



LEG DAY DRILLS-OCTOBER 2022

PLEASE READ:

If you are to miss a class and would like to request the recording, please email assist.day1yoga@gmail.com with the **NAME and DATE** of the class being requested in the subject line, the email can be empty. The recording is available for 24hrs from the time it was recorded. Please do not request classes past 2 days. 😊

Topic: LEG DAY

Time: Oct 1, 2022 09:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

Oct 1, 2022 09:00

Oct 8, 2022 09:00

Oct 15, 2022 09:00

Oct 22, 2022 09:00

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: <https://us02web.zoom.us/meeting/tZ0sdeqrrD0oGtUpXkAi-eOux0x5pd6-45Y7/ics?icsToken=98tyKuGhrzpkGdaTshmGRpx5BYjob-nzpiFBjbdjCfulikeZyzjLrJaZ6J7RpWE>

Join Zoom Meeting

<https://us02web.zoom.us/j/89123326201?pwd=MXFsMjVhdWpkbEFVTE1FeXhzaTNIcz09>

Meeting ID: 891 2332 6201

Passcode: 496394

One tap mobile

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