



## LEG DAY DRILLS-NOVEMBER 2022

**PLEASE READ:**

If you are to miss a class and would like to request the recording, please email [assist.day1yoga@gmail.com](mailto: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 DRILLS

Time: Nov 5, 2022 09:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

Nov 5, 2022 09:00

Nov 12, 2022 09:00

Nov 19, 2022 09:00

Nov 26, 2022 09:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZwuduChqT4jEty9J6juCQBhPXvLqyX7RGAC/ics?icsToken=98tyKuGgrTojE9OQuRGPpww-A4j4XfPwtiVEj7dExtWzCTVwUyH-BtpUHqNmKl\\_i](https://us02web.zoom.us/meeting/tZwuduChqT4jEty9J6juCQBhPXvLqyX7RGAC/ics?icsToken=98tyKuGgrTojE9OQuRGPpww-A4j4XfPwtiVEj7dExtWzCTVwUyH-BtpUHqNmKl_i)

Join Zoom Meeting

<https://us02web.zoom.us/j/88319975988?pwd=eHFtcEMzakZYSDJuQzFid3RxoTNhdz09>

Meeting ID: 883 1997 5988

Passcode: 574306

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