



NOVEMBER 2022:  
STRETCHLETIC—3 TIMES A WEEK

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 recording is available for 24hrs. Please do not request classes are 48hrs.

Topic: STRETCHLETIC (3xWKLY)

Time: Nov 2, 2022 10:00 Eastern Time (US and Canada)

Every week on Wed, Fri, Mon, 12 occurrence(s)

Nov 2, 2022 10:00

Nov 4, 2022 10:00

Nov 7, 2022 10:00

Nov 9, 2022 10:00

Nov 11, 2022 10:00

Nov 14, 2022 10:00

Nov 16, 2022 10:00

Nov 18, 2022 10:00

Nov 21, 2022 10:00

Nov 23, 2022 10:00

Nov 25, 2022 10:00

Nov 28, 2022 10:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZAKdOyrpz0pE9G2QaJBCvP8wEK9d03uOdTd/ics?icsToken=98tyKuGspzgvGd2Ts\\_xCCRpwIHYjCZ-nxmCFej\\_p6zi7kKQJwdDOulcdpa7YvQ83](https://us02web.zoom.us/meeting/tZAKdOyrpz0pE9G2QaJBCvP8wEK9d03uOdTd/ics?icsToken=98tyKuGspzgvGd2Ts_xCCRpwIHYjCZ-nxmCFej_p6zi7kKQJwdDOulcdpa7YvQ83)

Join Zoom Meeting

<https://us02web.zoom.us/j/84935396395?pwd=aWtHUGo0Mk9aZlRtV2lSOTVORHBiUT09>

Meeting ID: 849 3539 6395

Passcode: 823601

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+1 646 558 8656 US (New York)

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Find your local number: <https://us02web.zoom.us/j/kphLcEZJ9>

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