



DECEMBER 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 after 48hrs.

Topic: STRETCHLETIC 3X WKLY

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

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

Dec 2, 2022 10:00

Dec 5, 2022 10:00

Dec 7, 2022 10:00

Dec 9, 2022 10:00

Dec 12, 2022 10:00

Dec 14, 2022 10:00

Dec 16, 2022 10:00

Dec 19, 2022 10:00

Dec 21, 2022 10:00

Dec 23, 2022 10:00

Dec 26, 2022 10:00

Dec 28, 2022 10:00

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

Weekly: [https://us02web.zoom.us/meeting/tZEpf-qvqDgpEt1bT9TtenmSxC7VnL3CtKB2/ics?icsToken=98tyKuGtqiMpHdKWsxGORpwMBoqgb-3wprZeJ7cMniu8NzRWbA7FLsEVBLxTO\\_vE](https://us02web.zoom.us/meeting/tZEpf-qvqDgpEt1bT9TtenmSxC7VnL3CtKB2/ics?icsToken=98tyKuGtqiMpHdKWsxGORpwMBoqgb-3wprZeJ7cMniu8NzRWbA7FLsEVBLxTO_vE)

Join Zoom Meeting

<https://us02web.zoom.us/j/85483763389?pwd=b2tsTjNhN3dSYkQxUVBnRkdjZ1hsOT09>

Meeting ID: 854 8376 3389

Passcode: 563401

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