



**MARCH 2023:
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 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 (3XWKLY)

Time: Mar 1, 2023 10:00 Eastern Time (US and Canada)

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

Mar 1, 2023 10:00

Mar 3, 2023 10:00

Mar 6, 2023 10:00

Mar 8, 2023 10:00

Mar 10, 2023 10:00

Mar 13, 2023 10:00

Mar 15, 2023 10:00

Mar 17, 2023 10:00

Mar 20, 2023 10:00

Mar 22, 2023 10:00

Mar 24, 2023 10:00

Mar 27, 2023 10:00

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

Weekly: <https://us02web.zoom.us/meeting/tZYqdO2pgTiiHNxHdmGtx0jQ2rVEQDN8Bb4N/ics?icsToken=98tyKuGqgTguG9OcuB-PRpwQB4jCLOvwtlhHgo1FtBvoJDRLMgnHZPB0F4NbPoDy>

Join Zoom Meeting

<https://us02web.zoom.us/j/82734179868?pwd=QnBwRHBOUXB1RmN6cCttclpERHkrZz09>

Meeting ID: 827 3417 9868

Passcode: 676681

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