



LEG DAY SLOW

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. This helps expedite your request. The recording is available for 24hrs from the time it was recorded. Please do not request classes past 2 days. 😊

Topic: LEG DAY SLOW

Time: Apr 5, 2023 09:00 Eastern Time (US and Canada)

Every week on Wed, 4 occurrence(s)

Apr 5, 2023 09:00

Apr 12, 2023 09:00

Apr 19, 2023 09:00

Apr 26, 2023 09:00

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

Weekly: https://us02web.zoom.us/meeting/tZMtcOmhqD0vGdEsg-c9EmkUCJKeoWP0dTh/ics?icsToken=98tyKuGvrjwqE9KTtRqCRpwEAo_Cc_PwpiFYjad4jxioAHI2bwjDFchoGbdwJ-iA

Join Zoom Meeting

<https://us02web.zoom.us/j/87070966535?pwd=aGx1cnQwYnVoZiROZ3JTVGNPYnduUT09>

Meeting ID: 870 7096 6535

Passcode: 976283

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