



D1Y


MAY 2023
LEG DAY DRILLS FAST

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 DRILLS FAST

Time: May 6, 2023 09:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

May 6, 2023 09:00

May 13, 2023 09:00

May 20, 2023 09:00

May 27, 2023 09:00

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

Weekly: https://us02web.zoom.us/meeting/tZYscOiqri4jGdLpMoidlszUjbfKoxHu7sYt/ics?icsToken=98tyKuGgrzwrGNSQuRqBRpwQBY_Cd-rziCvEiadxiDLqCiR6cRnDPOBEGb1nOM2H

Join Zoom Meeting

<https://us02web.zoom.us/j/82171205936?pwd=YmlZTDkxdVJwdmNJZFliITJFbzcxUT09>

Meeting ID: 821 7120 5936

Passcode: 172360

One tap mobile

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+1 646 931 3860 US

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