



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: May 3, 2023 09:00 Eastern Time (US and Canada)

Every week on Wed, 4 occurrence(s)

May 3, 2023 09:00

May 10, 2023 09:00

May 17, 2023 09:00

May 24, 2023 09:00

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

Weekly: https://us02web.zoom.us/meeting/tZMrd-6qqiwiGNZnxY_2-aCN4KC3kX-IKZbO/ics?icsToken=98tyKuGvqDstGNCSuBuFRpwEBligKOrwiGZHjY1nkgfcPHleYyDYsIhYbIHxfH7

Join Zoom Meeting

<https://us02web.zoom.us/j/87607247822?pwd=M1BrL1U0QTZVaW5oTkpXcmU3cTZTUT09>

Meeting ID: 876 0724 7822

Passcode: 453956

One tap mobile

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+1 646 931 3860 US

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