



## DAY1YOGA MONTH ACCESS: JULY 2023

Welcome to **JULY** and the DAY1YOGA Membership! I am happy that we have a dedicated crew for Summer 2023!

For those of you that don't know by now, I am available to connect, and get to know you better. I'm invested in you. I encourage you to reach out directly with any questions, comments, or compliments about classes or training or any workouts. Please keep my number at +1-773-443-9636 and feel free to text/whatsapp me or hang out after class. Please keep all office questions/recording requests/administrative needs/complaints (haha) to Dottie at [assist.day1yoga@gmail.com](mailto:assist.day1yoga@gmail.com)

**Please note the schedule changes: All Skills classes will be on M/W/F. All Fast Track Skills will be on Tu/Th/Sa. Leg day classes will be later on Wednesdays and Saturdays.**

All ZOOM codes are in this email. Please keep it for the month as it will have everything you need, including a calendar of events. Please use the **included iCal links to set reminders!** I want you to get the most out of this month and that means **showing up to class!** Following this PDF, Dottie will send out another email a day or so before the month begins so iCal hyperlinks are easily accessible.

I am super looking forward to being able to work with you and grow with you as this month progresses. Here's to constant evolution!

With Love,

*Day*



### MEMBER FOLDER:

For you, as a member, we continue to maintain a shared folder where classes will be uploaded. If you miss a class, you can view it there. Once uploaded, the recordings will be available for 48hrs before removal. Please know it is **preferable for you to be live in class** and not rely on recordings



**PLEASE DO NOT SHARE THE FOLDER** 😊

The link for the Members Showcase is:

<https://vimeo.com/showcase/10486847>

Password: GOLDwatch



## **JULY MEMBERSHIP CALENDAR**

### **LEG DAY DRILLS FAST**

Saturdays starting July 1<sup>st</sup> @ 1pm US EST (4 meetings)

### **LEG DAY SLOW**

Wednesday July 5<sup>th</sup> @ 1pm US EST (4 meetings)

### **STRONGER TOGETHER**

Mondays, Wednesdays, and Fridays starting July 3<sup>rd</sup> @ 10am & 7pm US EST (11 meetings)

### **FOUNDATIONS**

Tuesdays and Thursdays starting July 4<sup>th</sup>, @ 7am, 1pm, & 7pm US EST (7 meetings)

### **FAST TRACK SKILLS (3XWKLY)**

Saturdays, Tuesdays, and Thursdays July 1<sup>st</sup> @ 2pm US EST (11 meetings)

### **FAST TRACK SKILLS (2XWKLY)**

Tuesdays and Thursdays starting July 4<sup>th</sup> @ 8am and 8pm US EST (7 meetings)

### **SKILLS**

Mondays, Wednesdays, and Fridays starting July 3<sup>rd</sup> @ 10am and 8pm US EST (11 classes)

Topic: LEG DAY DRILLS FAST

Time: Jul 1, 2023 13:00 Eastern Time (US and Canada)

Time: Jul 1, 2023 13:00 Eastern Time (US and Canada)

Every week on Sat, 4 occurrence(s)

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

Weekly: <https://us02web.zoom.us/meeting/tZYkc-iqqzoqH9CvGAef-p3g0DeqWJxF8VO-/ics?icsToken=98tyKuGqpz8rGNGUsByDRpwQHY-gd-rwmH5fgvp-ijjEBiYeclDxZsZHI4VVCP6>

Join Zoom Meeting

<https://us02web.zoom.us/j/82941251054?pwd=MHJxK3lmb1R5SWhQd1RDUTR2YkxHZz09>

Meeting ID: 829 4125 1054

Passcode: 146209

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One tap mobile

+16699009128,,82941251054#,,,,\*146209# US (San Jose)

+17193594580,,82941251054#,,,,\*146209# US

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Dial by your location

- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 444 9171 US
- +1 646 931 3860 US
- +1 689 278 1000 US
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)

Meeting ID: 829 4125 1054

Passcode: 146209

Find your local number: <https://us02web.zoom.us/j/kdwCD1x8wa>

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Topic: LEG DAY SLOW

Time: Jul 5, 2023 13:00 Eastern Time (US and Canada)

Every week on Wed, 4 occurrence(s)

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

Weekly: [https://us02web.zoom.us/meeting/tZlsc-2tqD0jGdc5M5bCogPL4-ROeeNAVwtb/ics?icsToken=98tyKuGurz8uH9KTuRqERpwABY-gLO\\_wpiFEjadevTKwAQncZTPaYg9wHbd6Pvnm](https://us02web.zoom.us/meeting/tZlsc-2tqD0jGdc5M5bCogPL4-ROeeNAVwtb/ics?icsToken=98tyKuGurz8uH9KTuRqERpwABY-gLO_wpiFEjadevTKwAQncZTPaYg9wHbd6Pvnm)

Join Zoom Meeting

<https://us02web.zoom.us/j/86144566933?pwd=Z2t2QVZUaFBkaUU0U3R5VmsxbEpKdz09>

Meeting ID: 861 4456 6933

Passcode: 510937

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Dial by your location

- +1 719 359 4580 US

- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 360 209 5623 US
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- +1 689 278 1000 US
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)

Meeting ID: 861 4456 6933  
 Passcode: 510937

Find your local number: <https://us02web.zoom.us/j/kcw3MW3Zrx>

Topic: STRONGER 9AM US EST  
 Time: Jul 3, 2023 09:00 Eastern Time (US and Canada)  
 Every week on Mon, Wed, Fri, 11 occurrence(s)

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

Weekly:

[https://us02web.zoom.us/meeting/tZ0sde6vqT8jEtWVg3Y\\_JVLUKJ9IGUcd1KVu/ics?icsToken=98tyKuGhrzktHdORuRGGRpx5BYjoKO3wtilej7dqghi2Oh95VC\\_DHcgbPpVKE9yB](https://us02web.zoom.us/meeting/tZ0sde6vqT8jEtWVg3Y_JVLUKJ9IGUcd1KVu/ics?icsToken=98tyKuGhrzktHdORuRGGRpx5BYjoKO3wtilej7dqghi2Oh95VC_DHcgbPpVKE9yB)

Join Zoom Meeting

<https://us02web.zoom.us/j/89127774981?pwd=bVVPTU12K1QrZ0tJa24wcmRWY1VsZz09>

Meeting ID: 891 2777 4981  
 Passcode: 568755

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 +16699009128,,89127774981#,,,,\*568755# US (San Jose)

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Dial by your location

- +1 669 444 9171 US
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- +1 719 359 4580 US
- +1 253 205 0468 US
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- +1 312 626 6799 US (Chicago)

- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 891 2777 4981  
Passcode: 568755

Find your local number: <https://us02web.zoom.us/j/89127774981>

Topic: STRONGER 7PM US EST  
Time: Jul 3, 2023 19:00 Eastern Time (US and Canada)  
Every week on Mon, Wed, Fri, 11 occurrence(s)

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

Weekly:

[https://us02web.zoom.us/meeting/tZMpcu2tqTgvG9OOKF6EZ9mjjaykP\\_Nibezk/ics?icsToken=98tyKuGvqj4uH9OWtRIARpwEBo\\_4LO\\_wtnZYifpyszTDVQVpOw78PONbOYJAPtHS](https://us02web.zoom.us/meeting/tZMpcu2tqTgvG9OOKF6EZ9mjjaykP_Nibezk/ics?icsToken=98tyKuGvqj4uH9OWtRIARpwEBo_4LO_wtnZYifpyszTDVQVpOw78PONbOYJAPtHS)

Join Zoom Meeting

<https://us02web.zoom.us/j/87454573517?pwd=TTNkWmx2eURMMS9TZWV6UkJsSWl6UT09>

Meeting ID: 874 5457 3517  
Passcode: 009476

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One tap mobile

+12532158782,,87454573517#,,,,\*009476# US (Tacoma)  
+13462487799,,87454573517#,,,,\*009476# US (Houston)

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Dial by your location

- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
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- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 874 5457 3517  
Passcode: 009476

Find your local number: <https://us02web.zoom.us/j/87454573517>

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Topic: FOUNDATIONS 7AM US EST  
Time: Jul 4, 2023 07:00 Eastern Time (US and Canada)  
Every week on Tue, Thu, 7 occurrence(s)

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

Weekly: [https://us02web.zoom.us/meeting/tZMpdughqj0sHNM6rHx3coV2dgvDuGi8L-B\\_/ics?icsToken=98tyKuGvqjopE9CTth-ARpwEBoj4b\\_PwiCFdgo1wyg3NG3NQbTWkMuVUFqdYGYD8](https://us02web.zoom.us/meeting/tZMpdughqj0sHNM6rHx3coV2dgvDuGi8L-B_/ics?icsToken=98tyKuGvqjopE9CTth-ARpwEBoj4b_PwiCFdgo1wyg3NG3NQbTWkMuVUFqdYGYD8)

Join Zoom Meeting

<https://us02web.zoom.us/j/87413946667?pwd=SlpwN29HSkVUUWZGL3VPYWo2UkR2Zz09>

Meeting ID: 874 1394 6667

Passcode: 909476

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Dial by your location

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- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
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- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 874 1394 6667

Passcode: 909476

Find your local number: <https://us02web.zoom.us/u/kdlg8Mvveb>

Topic: FOUNDATIONS 1PM US EST  
Time: Jul 4, 2023 13:00 Eastern Time (US and Canada)  
Every week on Tue, Thu, 7 occurrence(s)

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

Weekly:

[https://us02web.zoom.us/meeting/tZ0qdeuorT4uGNcrPDCcPjqZyaO54bZTwXJs/ics?icsToken=98tyKuGhqTkoGteQtBuERpx5B4joa\\_TztiVbjY1eji\\_BI\\_CNjaBLML-NtZ-Z9KuzH](https://us02web.zoom.us/meeting/tZ0qdeuorT4uGNcrPDCcPjqZyaO54bZTwXJs/ics?icsToken=98tyKuGhqTkoGteQtBuERpx5B4joa_TztiVbjY1eji_BI_CNjaBLML-NtZ-Z9KuzH)

Join Zoom Meeting

<https://us02web.zoom.us/j/89722035423?pwd=amtxUnZZVlBoeXdwdkhlbWcrZTBEOQ09>

Meeting ID: 897 2203 5423

Passcode: 385499

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+16699009128,,89722035423#,,,,\*385499# US (San Jose)

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Dial by your location

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• +1 669 900 9128 US (San Jose)

• +1 719 359 4580 US

• +1 253 205 0468 US

• +1 253 215 8782 US (Tacoma)

• +1 346 248 7799 US (Houston)

• +1 309 205 3325 US

• +1 312 626 6799 US (Chicago)

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• +1 507 473 4847 US

• +1 564 217 2000 US

• +1 646 558 8656 US (New York)

• +1 646 931 3860 US

• +1 689 278 1000 US

• +1 301 715 8592 US (Washington DC)

• +1 305 224 1968 US

Meeting ID: 897 2203 5423

Passcode: 385499

Find your local number: <https://us02web.zoom.us/u/kwoRu7vfn>

Topic: FOUNDATIONS 7PM US EST

Time: Jul 4, 2023 19:00 Eastern Time (US and Canada)

Every week on Tue, Thu, 7 occurrence(s)

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

Weekly: [https://us02web.zoom.us/meeting/tZ0vcOmhpjwiHNL53w90nqBc4tEcnhq83pj/ics?icsToken=98tyKuGhrDwqE9ySuB-BRpx5AI\\_Cc\\_PxiGZHgo1xyUzyWnBdcyH1YvZnMbx3AdGI](https://us02web.zoom.us/meeting/tZ0vcOmhpjwiHNL53w90nqBc4tEcnhq83pj/ics?icsToken=98tyKuGhrDwqE9ySuB-BRpx5AI_Cc_PxiGZHgo1xyUzyWnBdcyH1YvZnMbx3AdGI)

Join Zoom Meeting

<https://us02web.zoom.us/j/89270987866?pwd=OWt0V1czZCtGblJ3dXdBRjVlUHhqQT09>

Meeting ID: 892 7098 7866

Passcode: 753678

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One tap mobile

+13462487799,,89270987866#,,,,\*753678# US (Houston)

+16694449171,,89270987866#,,,,\*753678# US

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Dial by your location

- +1 346 248 7799 US (Houston)
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
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- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
- +1 386 347 5053 US

Meeting ID: 892 7098 7866

Passcode: 753678

Find your local number: [https://us02web.zoom.us/u/kly33Gtb8](https://us02web.zoom.us/j/https://us02web.zoom.us/u/kly33Gtb8)

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Topic: FAST TRACK SKILLS 8AM US EST  
Time: Jul 4, 2023 08:00 Eastern Time (US and Canada)  
Every week on Tue, Thu, 7 occurrence(s)

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

Weekly:

[https://us02web.zoom.us/meeting/tZcscu6tqDljGNKmw\\_vQGmdfFAmdnoPpWcj4/ics?icsToken=98tyKuGrrz4tH9KcuRuBRpwqBY\\_4KO\\_wplhEjY12kQjaFRF0bfbwEMNPNrxwIMin](https://us02web.zoom.us/meeting/tZcscu6tqDljGNKmw_vQGmdfFAmdnoPpWcj4/ics?icsToken=98tyKuGrrz4tH9KcuRuBRpwqBY_4KO_wplhEjY12kQjaFRF0bfbwEMNPNrxwIMin)

Join Zoom Meeting

<https://us02web.zoom.us/j/83157569926?pwd=eEJvOVdPOXhaZkxjNUSjgxMFFmUT09>

Meeting ID: 831 5756 9926

Passcode: 870132

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One tap mobile

+13462487799,,83157569926#,,,,\*870132# US (Houston)  
+16694449171,,83157569926#,,,,\*870132# US

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Dial by your location

- +1 346 248 7799 US (Houston)
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)



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- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)

Meeting ID: 831 5756 9926  
Passcode: 870132

Find your local number: <https://us02web.zoom.us/j/kdHGycrylf>

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Topic: FAST TRACK SKILLS 8PM US EST  
Time: Jul 4, 2023 20:00 Eastern Time (US and Canada)  
Every week on Tue, Thu, 7 occurrence(s)

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

Weekly: <https://us02web.zoom.us/meeting/tZYtfuqvqTssHNR7RM2N2MBWm2WuhGBa2bS-/ics?icsToken=98tyKuGqrjlpHdOVth-HRpwQAor4b-3wtmJdgo1vyv3IUQ4BTyHBO7B1J7pYMtmC>

Join Zoom Meeting

<https://us02web.zoom.us/j/82093770660?pwd=WDF4TUF6VU0ycUF6UW11ZihNb1FXUT09>

Meeting ID: 820 9377 0660  
Passcode: 561461

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One tap mobile

+12532050468,,82093770660#,,,,\*561461# US  
+12532158782,,82093770660#,,,,\*561461# US (Tacoma)

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Dial by your location

- +1 253 205 0468 US
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- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US
- +1 689 278 1000 US

Meeting ID: 820 9377 0660  
Passcode: 561461

Find your local number: <https://us02web.zoom.us/j/ksdAAfMIO>

Topic: FAST TRACK SKILLS (3XWKLY)  
Time: Jul 1, 2023 14:00 Eastern Time (US and Canada)  
Every week on Sat, Thu, Tue, 11 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.  
Weekly: [https://us02web.zoom.us/meeting/tZAtduuoqj0qG9aehwR1N5-90v3qcBOGis6a/ics?icsToken=98tyKuGsrjooGtCTsBiFRpwIAoj4a\\_TwiCFfipcmRfyMXF9N06vZvQRI7FdP\\_Z](https://us02web.zoom.us/meeting/tZAtduuoqj0qG9aehwR1N5-90v3qcBOGis6a/ics?icsToken=98tyKuGsrjooGtCTsBiFRpwIAoj4a_TwiCFfipcmRfyMXF9N06vZvQRI7FdP_Z)

Join Zoom Meeting  
<https://us02web.zoom.us/j/84012046012?pwd=VzBZSm1HUUnBNNkQzRVV3ZFVtYkhRZz09>

Meeting ID: 840 1204 6012  
Passcode: 071268

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+13462487799,,84012046012#,,,,\*071268# US (Houston)  
+16694449171,,84012046012#,,,,\*071268# US

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Dial by your location

- +1 346 248 7799 US (Houston)
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- +1 669 900 9128 US (San Jose)
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- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US

Meeting ID: 840 1204 6012  
Passcode: 071268

Find your local number: <https://us02web.zoom.us/u/kdEHwuYIIY>

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Topic: SKILLS @10AM US EST  
Time: Jul 3, 2023 10:00 Eastern Time (US and Canada)  
Every week on Mon, Wed, Fri, 11 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.  
Weekly: [https://us02web.zoom.us/meeting/tZAKduCtpi4tGtau9Qa8FmFMKT3Ktqag-d2d/ics?icsToken=98tyKuGspzoiH9yQtxmFRpwIH4Ye\\_xiCVajbdciUbUAnh1byXbHdYRGaZuEd-d](https://us02web.zoom.us/meeting/tZAKduCtpi4tGtau9Qa8FmFMKT3Ktqag-d2d/ics?icsToken=98tyKuGspzoiH9yQtxmFRpwIH4Ye_xiCVajbdciUbUAnh1byXbHdYRGaZuEd-d)

Join Zoom Meeting  
<https://us02web.zoom.us/j/84919585702?pwd=WkpRdHJUdXJDNlFYS1B6Tm81SkxiQT09>

Meeting ID: 849 1958 5702  
Passcode: 766879

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+16694449171,,84919585702#,,,,\*766879# US

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Dial by your location

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- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US

Meeting ID: 849 1958 5702  
Passcode: 766879

Find your local number: <https://us02web.zoom.us/j/kc6hEiffBe>

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**Topic: SKILLS @8PM US EST**  
**Time: Jul 3, 2023 20:00 Eastern Time (US and Canada)**  
**Every week on Mon, Wed, Fri, 11 occurrence(s)**

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

Weekly:

[https://us02web.zoom.us/meeting/tZ0rdu6srzlsGNHmqTMWKQNYtMT\\_nWWDvkNI/ics?icsToken=98tyKuGhqDotHtWcthuCRpx5Bij4KOjzmFhdiY11kQ7RLhd4Uy3Pls92DbxIJ\\_zG](https://us02web.zoom.us/meeting/tZ0rdu6srzlsGNHmqTMWKQNYtMT_nWWDvkNI/ics?icsToken=98tyKuGhqDotHtWcthuCRpx5Bij4KOjzmFhdiY11kQ7RLhd4Uy3Pls92DbxIJ_zG)

Join Zoom Meeting

<https://us02web.zoom.us/j/89617419625?pwd=V3JrVGZODBhZ10rekYrR1g1aW96Zz09>

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