



DIY



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

Every week on Sat, 4 occurrence(s)

Jul 1, 2023 13:00

Jul 8, 2023 13:00

Jul 15, 2023 13:00

Jul 22, 2023 13:00

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

Weekly: <https://us02web.zoom.us/meeting/tZYkc-iqqz0qH9CvGAef-p3g0DeqWjxvF8VO-/ics?icsToken=98tyKuGqz8rGNGUsByDRpwOHY-gd-rwmH5fgvp-ijjEBiYeclDxZsZHI4VVCP6I>

Join Zoom Meeting

<https://us02web.zoom.us/j/82941251054?pwd=MHJxK3lmb1RsSWhQd1RDUTR2YkxHZz09>

Meeting ID: 829 4125 1054

Passcode: 146209

One tap mobile

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

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

Dial by your location

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• +1 669 444 9171 US

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• +1 689 278 1000 US

• +1 301 715 8592 US (Washington DC)

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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)

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