



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

Every week on Wed, 4 occurrence(s)

Jul 5, 2023 13:00

Jul 12, 2023 13:00

Jul 19, 2023 13:00

Jul 26, 2023 13:00

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

Weekly: https://us02web.zoom.us/meeting/tZlsc-2tqD0iGdc5M5bCogPL4-ROeeNAVwtb/ics?icsToken=98tyKuGurz8uH9KTuRqERpwABY-gLO_wpiFEIadevTKwAQncZTPaYq9wHbd6Pvnm

Join Zoom Meeting

<https://us02web.zoom.us/j/86144566933?pwd=Z2t2QVZUaFBkaUU0U3RxVmsxbEpKdz09>

Meeting ID: 861 4456 6933

Passcode: 510937

One tap mobile

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- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)

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