



# DIY



**Topic: LEG DAY SLOW**

Time: Aug 9, 2023 13:00 Eastern Time (US and Canada)

Every week on Wed, 3 occurrence(s)

Aug 9, 2023 13:00

Aug 16, 2023 13:00

Aug 23, 2023 13:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZ0vcu6sqD4rE9apaXenHa66kA3dTurfdJC3/ics?icsToken=98tyKuGhrD4tHtKQsRCFRpx5AI\\_4KOjwpiVcj\\_pcjB7dBi57Y1WgPcMRNoZqAt7U](https://us02web.zoom.us/meeting/tZ0vcu6sqD4rE9apaXenHa66kA3dTurfdJC3/ics?icsToken=98tyKuGhrD4tHtKQsRCFRpx5AI_4KOjwpiVcj_pcjB7dBi57Y1WgPcMRNoZqAt7U)

Join Zoom Meeting

<https://us02web.zoom.us/j/89257465192?pwd=OHQ3SIRwTmxqRmJSYWRQdUtoTVEyZz09>

Meeting ID: 892 5746 5192

Passcode: 686599

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One tap mobile

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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)
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