



**Topic: UNLOCK UPPER BODY STRENGTH W/ CLAIRE G**  
**Time: Jul 27, 2023 14:00 Eastern Time (US and Canada)**

Every week on Thu, Mon, 3 occurrence(s)  
Jul 27, 2023 14:00  
Jul 31, 2023 14:00  
Aug 3, 2023 14:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZUtcOuhqTotG9xHUNfjnPArcsAvKjP5z5cS/ics?icsToken=98tyKuGprjwoE9OUtxiPRpwcAo\\_Ca\\_Pwtn5ajfpFtCrLBSpdUiLkNfJjJl1II3K](https://us02web.zoom.us/meeting/tZUtcOuhqTotG9xHUNfjnPArcsAvKjP5z5cS/ics?icsToken=98tyKuGprjwoE9OUtxiPRpwcAo_Ca_Pwtn5ajfpFtCrLBSpdUiLkNfJjJl1II3K)

Join Zoom Meeting

<https://us02web.zoom.us/j/81072971718?pwd=RmdmV3B6OVByNjZrM0o1SFNDTmtHQT09>

Meeting ID: 810 7297 1718

Passcode: 445987

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One tap mobile

+12532050468,,81072971718#,,,,\*445987# US

+12532158782,,81072971718#,,,,\*445987# US (Tacoma)

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Dial by your location

- +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)
- +1 719 359 4580 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: 810 7297 1718  
Passcode: 445987

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

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**Topic: BALANCE IN MOTION WITH ANGELA WANG**  
**Time: Jul 27, 2023 20:00 Eastern Time (US and Canada)**

Every day, 2 occurrence(s)  
Jul 27, 2023 20:00  
Jul 28, 2023 20:00

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

Daily:

[https://us02web.zoom.us/meeting/tZAlcuuvpz4pGdThJyNxf3Fbqe7S67hH6lrn/ics?icsToken=98tyKuGspj4oHd2QsxqHRpwlGo\\_4a-3xmCvejadplDX8LThVMSX0J-cVAeQoGPCG](https://us02web.zoom.us/meeting/tZAlcuuvpz4pGdThJyNxf3Fbqe7S67hH6lrn/ics?icsToken=98tyKuGspj4oHd2QsxqHRpwlGo_4a-3xmCvejadplDX8LThVMSX0J-cVAeQoGPCG)

Join Zoom Meeting

<https://us02web.zoom.us/j/84852795330?pwd=RWVUb01mVERlQUx4UXRjUW0vd1FmUT09>

Meeting ID: 848 5279 5330  
Passcode: 658390

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One tap mobile

+12532050468,,84852795330#,,,,\*658390# US  
+12532158782,,84852795330#,,,,\*658390# US (Tacoma)

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Dial by your location

- +1 253 205 0468 US
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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: 848 5279 5330

Passcode: 658390

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

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**Topic: HIP MOBILITY FLOW WITH KEISHA WANG**

**Time: Jul 27, 2023 22:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/82525940696?pwd=bXhVZlEzcDcvZHoyKzJONGo4N1ZOUT09>

Meeting ID: 825 2594 0696

Passcode: 487552

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One tap mobile

+16699009128,,82525940696#,,,,\*487552# US (San Jose)

+17193594580,,82525940696#,,,,\*487552# 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)
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- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US

Meeting ID: 825 2594 0696

Passcode: 487552

Find your local number: <https://us02web.zoom.us/j/kcvmlCN00t>

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**Topic: FULL BODY LOCOMOTION WITH EILEEN FLAHERTY**

**Time: Jul 29, 2023 09:30 Eastern Time (US and Canada)**

Every week on Sat, 2 occurrence(s)

Jul 29, 2023 09:30

Aug 5, 2023 09:30

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

Weekly: <https://us02web.zoom.us/meeting/tZEkc->

[https://us02web.zoom.us/j/85943069065?pwd=WlROdC9MMkV5U25QQ25ERGJiWWJLZz09qoqDIgHNEBGi75TBn6aq31IIYRted6/ics?icsToken=98tyKuGtpz8pGtKcsB-CRpwMHY-gb\\_Twplhfgo14vjjsVHVnQA2gN\\_MRY5tWKerE](https://us02web.zoom.us/j/85943069065?pwd=WlROdC9MMkV5U25QQ25ERGJiWWJLZz09qoqDIgHNEBGi75TBn6aq31IIYRted6/ics?icsToken=98tyKuGtpz8pGtKcsB-CRpwMHY-gb_Twplhfgo14vjjsVHVnQA2gN_MRY5tWKerE)

Join Zoom Meeting

<https://us02web.zoom.us/j/85943069065?pwd=WlROdC9MMkV5U25QQ25ERGJiWWJLZz09>

Meeting ID: 859 4306 9065

Passcode: 866063

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One tap mobile

+17193594580,,85943069065#,,,,\*866063# US

+12532050468,,85943069065#,,,,\*866063# US

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Dial by your location

- +1 719 359 4580 US
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- +1 669 900 9128 US (San Jose)
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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: 859 4306 9065

Passcode: 866063

Find your local number: <https://us02web.zoom.us/j/kcZQ7Px54M>

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**Topic: MULTI-LEVEL DRILLS WITH SARA WEE**

**Time: Jul 29, 2023 22:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/87884972217?pwd=eHVzeDITRjdCSGRzL3FIM0VyNHVadz09>

Meeting ID: 878 8497 2217

Passcode: 777721

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One tap mobile

+16694449171,,87884972217#,,,,\*777721# US

+16699009128,,87884972217#,,,,\*777721# US (San Jose)

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Dial by your location

- +1 669 444 9171 US
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- +1 507 473 4847 US
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- +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: 878 8497 2217

Passcode: 777721

Find your local number: <https://us02web.zoom.us/j/keB3qx6mSD>

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**Topic: RAW COOKING WITH CARO (INGREDIENTS AT BOTTOM OF EMAIL)**

**Time: Jul 30, 2023 10:00 Eastern Time (US and Canada)**

Every week on Sun, 2 occurrence(s)

Jul 30, 2023 10:00

Aug 6, 2023 10:00

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

Weekly: [https://us02web.zoom.us/meeting/tZMpd-mprT0jHd0A3z1PeufCf2oUY9qauBkC/ics?icsToken=98tyKuGvqjsqG9eTuR6ORpwEBoigc-vztiFEgqcNvUz\\_UhBWdwXVMLBNB4smAdnF](https://us02web.zoom.us/meeting/tZMpd-mprT0jHd0A3z1PeufCf2oUY9qauBkC/ics?icsToken=98tyKuGvqjsqG9eTuR6ORpwEBoigc-vztiFEgqcNvUz_UhBWdwXVMLBNB4smAdnF)

Join Zoom Meeting

<https://us02web.zoom.us/j/87400136979?pwd=b0drdHBWOW9TeExiQnZWt0lmdFg2UT09>

Meeting ID: 874 0013 6979

Passcode: 343921

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One tap mobile

+16694449171,,87400136979#,,,,\*343921# US

+16699009128,,87400136979#,,,,\*343921# US (San Jose)

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Dial by your location

- +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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- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US

Meeting ID: 874 0013 6979

Passcode: 343921

Find your local number: <https://us02web.zoom.us/j/kcCyza7KeO>

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**Topic: LEG DAY DRILLS WITH LEE SHIAN ONG**

**Time: Jul 30, 2023 20:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/83231126455?pwd=ZDhEcm1CWHAzd3B6bUE1bE1yMWtZdz09>

Meeting ID: 832 3112 6455

Passcode: 661441

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One tap mobile

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Dial by your location

- +1 719 359 4580 US
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- +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

Meeting ID: 832 3112 6455

Passcode: 661441

Find your local number: <https://us02web.zoom.us/j/83231126455>

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**Topic: STRONGER TOGETHER W/ SARA WEE**

**Time: Jul 31, 2023 19:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/87472657551?pwd=SnZYcURCMkVjRkc5WXp1UmVoR3djQT09>



Meeting ID: 874 7265 7551

Passcode: 013016

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One tap mobile

+16694449171,,87472657551#,,,,\*013016# US

+16699009128,,87472657551#,,,,\*013016# US (San Jose)

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Dial by your location

- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 719 359 4580 US
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- +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

Meeting ID: 874 7265 7551

Passcode: 013016

Find your local number: <https://us02web.zoom.us/j/87472657551>

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**Topic: SKILLS W/ SARA WEE**

**Time: Jul 31, 2023 20:00 Eastern Time (US and Canada)**

Every day, 2 occurrence(s)

Jul 31, 2023 20:00

Aug 1, 2023 20:00

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

Daily:

[https://us02web.zoom.us/meeting/tZYlfu6qqzsoHdN7IYIm2KCVTh1TeU\\_IZxhU/ics?icsToken=98tyKuGqpjltGNGVsh6ARpwQGor4KOrwmGJBgqdzycDy0BSSDAAuoTBrdKL9Tq](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/tZYlfu6qqzsoHdN7IYIm2KCVTh1TeU_IZxhU/ics?icsToken=98tyKuGqpjltGNGVsh6ARpwQGor4KOrwmGJBgqdzycDy0BSSDAAuoTBrdKL9Tq)

Join Zoom Meeting

<https://us02web.zoom.us/j/82897250277?pwd=b2pKSFNXK21hSEdEQVVTcklBSkVldz09>

Meeting ID: 828 9725 0277

Passcode: 261069

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One tap mobile

+16694449171,,82897250277#,,,,\*261069# US

+16699009128,,82897250277#,,,,\*261069# US (San Jose)

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Dial by your location

- +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)
- +1 346 248 7799 US (Houston)
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
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- +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

Meeting ID: 828 9725 0277

Passcode: 261069

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

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**Topic: ENERGY BOOST WORKOUT WITH KEISHA WANG**

**Time: Aug 1, 2023 08:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/89700944593?pwd=TDJQNU5uNTgrYlIEMUhhaHVERm05Zz09>

Meeting ID: 897 0094 4593

Passcode: 547990

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One tap mobile

+17193594580,,89700944593#,,,,\*547990# US

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Dial by your location

- +1 719 359 4580 US
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- +1 386 347 5053 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: 897 0094 4593

Passcode: 547990

Find your local number: <https://us02web.zoom.us/j/kuE87lvrB>

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**Topic: FOUNDATIONS WITH SARA WEE**

**Time: Aug 1, 2023 19:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/81138218208?pwd=L1VFVTRtZGFuRWZESlJqNGxMdFZkQT09>

Meeting ID: 811 3821 8208

Passcode: 292829

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One tap mobile

+12532050468,,81138218208#,,,,\*292829# US

+12532158782,,81138218208#,,,,\*292829# US (Tacoma)

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Dial by your location

- +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)
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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: 811 3821 8208

Passcode: 292829

Find your local number: <https://us02web.zoom.us/u/kVSySB6gc>

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**Topic: MINDFUL MOBILITY WITH MELODY**

**Time: Aug 2, 2023 19:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/83908632977?pwd=MnhvWldjeWhVQ2FXTzJ5YlZ3cm9XUT09>

Meeting ID: 839 0863 2977

Passcode: 513373

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One tap mobile

+12532158782,,83908632977#,,,,\*513373# US (Tacoma)

+13462487799,,83908632977#,,,,\*513373# US (Houston)

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Dial by your location

- +1 253 215 8782 US (Tacoma)
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- +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

Meeting ID: 839 0863 2977

Passcode: 513373

Find your local number: <https://us02web.zoom.us/j/kwrv2RT48>

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**Topic: MOBILITY: STRETCH AND STRENGTHEN WITH MIRANDA**

**Time: Aug 2, 2023 20:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/88425744502?pwd=VW41RW12VXRjVWNPkNkcwV1FhRzBXdz09>

Meeting ID: 884 2574 4502

Passcode: 826342

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One tap mobile

+13462487799,,88425744502#,,,,\*826342# US (Houston)

+16694449171,,88425744502#,,,,\*826342# US

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Dial by your location

- +1 346 248 7799 US (Houston)
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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)

Meeting ID: 884 2574 4502

Passcode: 826342

Find your local number: <https://us02web.zoom.us/j/88425744502?pwd=VW41RW12VXRjVWNPkNkcwV1FhRzBXdz09>

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**Topic: MULTI-LEVEL DRILLS W/ LEE SHIAN ONG**

**Time: Aug 3, 2023 20:00 Eastern Time (US and Canada)**

Every day, 2 occurrence(s)

Aug 3, 2023 20:00

Aug 4, 2023 20:00

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

Daily:

[https://us02web.zoom.us/meeting/tZUocuiurDksGNN2Ag6\\_GpcPYAVraat\\_HM00/ics?icsToken=98tyKuGpqz4rHNaXthuARpwcGY\\_4d-7zpnpdjY1zzj7iVR90cgDGD8N0ILN-BOf4](https://us02web.zoom.us/meeting/tZUocuiurDksGNN2Ag6_GpcPYAVraat_HM00/ics?icsToken=98tyKuGpqz4rHNaXthuARpwcGY_4d-7zpnpdjY1zzj7iVR90cgDGD8N0ILN-BOf4)

Join Zoom Meeting

<https://us02web.zoom.us/j/81551622627?pwd=cnMyZEt0b1EzYjJoeTNqcm1uakQ3QT09>

Meeting ID: 815 5162 2627

Passcode: 147449

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One tap mobile

+16694449171,,81551622627#,,,,\*147449# US

+16699009128,,81551622627#,,,,\*147449# US (San Jose)

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Dial by your location

- +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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- +1 646 931 3860 US
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- +1 309 205 3325 US
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- +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: 815 5162 2627

Passcode: 147449

Find your local number: <https://us02web.zoom.us/j/kbaf3K0nz8>

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**Topic: LEG DAY DRILLS WITH MELODY**

**Time: Aug 5, 2023 08:00 Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/81456653592?pwd=MmFjSGRSajAvSWZOcEQ3Z3pSaVNDdz09>

Meeting ID: 814 5665 3592

Passcode: 824114

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One tap mobile

+12532050468,,81456653592#,,,,\*824114# US

+12532158782,,81456653592#,,,,\*824114# US (Tacoma)

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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: 814 5665 3592

Passcode: 824114

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

## Raw White Chocolate and Rose Cheesecake

### EQUIPMENT

Essential: 6 inch spring form tin( up to 8 inch if you want a flatter look) food processor, greaseproof or baking paper, high Speed Blender, freezer

### INGREDIENTS FOR THE BASE

- 1 cup (120g) raw almonds or cashews or half almond / half desiccated coconut
- 1/2 cup (90g) dates, pitted and chopped
- 1 tsp cashew butter or 1tsp coconut oil or cocoa butter melted
- 1/4 tsp vanilla extract
- 20g cocoa powder or coconut flour
- Pinch of salt
- Little coconut oil to grease the tin

### FILLING INGREDIENTS

- 1 cup (120g) cashews, soaked for at least 6h
- Juice of ½ lemon
- 3 Tbsp maple syrup or rice syrup or agave
- 3 Tbsp cacao butter or coconut oil, melted
- 125 g (½ cup) coconut cream
- Pinch of salt
- ½ Tsp vanilla extract
- 2 tsp rosewater
- dried rose petals and extra white choc to garnish

## RAW SUMMER FRUIT TART

### Ingredients for the tart base

- 75g almonds or cashew nuts (or ½ grilled almond & ½ almond flour)
- 50g buckwheat flour or oat flour
- 20g coconut flour
- 30g coconut sugar

- 20ml agave or Maple syrup
- 20g melted cocoa butter or coconut oil
- 1 pinch of salt
- 15g-30g hot water

#### **Ingredients for the cashew filling**

- 200g cashew nuts, soaked for at least 6 hours
- 130 ml almond milk

#### **Ingredients for Raspberry Chia Jam**

- 100g fresh or frozen raspberries
- 50g dates, pitted and cut into small pieces
- 1/4 tablespoon chia seeds
- 1/4 teaspoon lemon juice

#### **Ingredients for the topping**

- 1 x portion of cashew cream filling
- 1 vanilla pod or 5ml vanilla extract
- 40g light coconut sugar or raw cane sugar
- 2 teaspoons lemon juice
- 40g coconut oil
- Around 750g fresh fruit