



# DIY



**Topic: LEG DAY SLOW**

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**Time: Oct 4, 2023 13:00 Eastern Time (US and Canada)**

**Every week on Wed, 4 occurrence(s)**

Oct 4, 2023 13:00

Oct 11, 2023 13:00

Oct 18, 2023 13:00

Oct 25, 2023 13:00

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

Weekly:

[https://us02web.zoom.us/meeting/tZlqduuoqD0jEtdzhkBVegJPBo6KtFEQ7EhN/ics?icsToken=98tyKuGuqTooGtKTuRGERpwAB4j4a\\_TwpiFEj7dZh\\_hfulTZ2ZSnGF00UGaZZNemH](https://us02web.zoom.us/meeting/tZlqduuoqD0jEtdzhkBVegJPBo6KtFEQ7EhN/ics?icsToken=98tyKuGuqTooGtKTuRGERpwAB4j4a_TwpiFEj7dZh_hfulTZ2ZSnGF00UGaZZNemH)

Join Zoom Meeting

<https://us02web.zoom.us/j/86712066983?pwd=cFNhd1ZtcDZoZEVdVVNzQlYyTE9lQT09>

Meeting ID: 867 1206 6983

Passcode: 664347

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One tap mobile

+12532158782,,86712066983#,,,,\*664347# US (Tacoma)

+13462487799,,86712066983#,,,,\*664347# 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)
- +1 719 359 4580 US
- +1 253 205 0468 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
- +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

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Find your local number: <https://us02web.zoom.us/u/kBqmZjJ5O>