D1Y

APRIL 2024

STRONGER TOGETHER

BOTH class times are included in the email.
Please make sure to sign in 3-5 mins before class start time with the name you registered with.

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: STRONGER 9AM US EST
Time: Apr 1, 2024 09:00 Eastern Time (US and Canada)
Every week on Mon, Wed, Fri, 12 occurrence(s)
Apr 1, 2024 09:00
Apr 3, 2024 09:00
Apr 5, 2024 09:00
Apr 8, 2024 09:00
Apr 10, 2024 09:00
Apr 12, 2024 09:00
Apr 15, 2024 09:00
Apr 17, 2024 09:00
Apr 19, 2024 09:00
Apr 22, 2024 09:00
Apr 24, 2024 09:00
Apr 26, 2024 09:00
Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly: https://us02web.zoom.us/meeting/tZEtdOuhpzgqGNK-sUn5a78rVnyr0vuzaLIq/ics?icsToken=98tyKuGtrjgoE92WsBuBRpwMAojCa_PxmHZfjY120QzQDXVSNVvkAOxbIOJpBcLR

Join Zoom Meeting
https://us02web.zoom.us/j/85032993026?pwd=ZFd4dENUaXVRM1pXV2FEYzNVYThUUT09

Meeting ID: 850 3299 3026
Passcode: 234454

One tap mobile
+16699009128,,85032993026#,,,,*234454# US (San Jose)
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Dial by your location
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• +1 253 215 8782 US (Tacoma)
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• +1 669 444 9171 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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Topic: STRONGER 7PM US EST
Time: Apr 1, 2024 19:00 Eastern Time (US and Canada)
Every week on Mon, Wed, Fri, 12 occurrence(s)
Apr 1, 2024 19:00
Apr 3, 2024 19:00
Apr 5, 2024 19:00
Apr 8, 2024 19:00
Apr 10, 2024 19:00
Apr 12, 2024 19:00
Apr 15, 2024 19:00
Apr 17, 2024 19:00
Apr 19, 2024 19:00
Apr 22, 2024 19:00
Apr 24, 2024 19:00
Apr 26, 2024 19:00
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Weekly:
https://us02web.zoom.us/meeting/tZEkce6oqT8uHtdg2dkVQ5_WEfKMuixdFNTG/ics?icsToken=98tyKuGtpz0tGtORtB2ERpwMHY_oKPTwtilbgrdZm03hCBZiNzzBE-RpH6d2CNz2

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Meeting ID: 859 6707 4443
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Meeting ID: 859 6707 4443
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