



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: May 1, 2024 09:00 Eastern Time (US and Canada)

Every week on Wed, Mon, Fri, 12 occurrence(s)

May 1, 2024 09:00

May 3, 2024 09:00

May 6, 2024 09:00

May 8, 2024 09:00

May 10, 2024 09:00

May 13, 2024 09:00

May 15, 2024 09:00

May 17, 2024 09:00

May 20, 2024 09:00

May 22, 2024 09:00

May 24, 2024 09:00

May 27, 2024 09:00

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

Weekly: https://us02web.zoom.us/meeting/tZ0odu-ugzstGNYOAwH_Qa-ovevupfUjTnPg/ics?icsToken=98tyKuGhqzohNGVtxuFRpx5GYj4M-7wmGJajY1ksz7yKx9iY075iOdUJ6J5JdLk

Join Zoom Meeting

<https://us02web.zoom.us/j/89516650722?pwd=REtjTFVmVFJUN2l1QWh3ZnlnM2JUZz09>

Meeting ID: 895 1665 0722

Passcode: 980963

One tap mobile

+12532050468,,89516650722#,,,,*980963# US

+12532158782,,89516650722#,,,,*980963# US (Tacoma)

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
- +1 564 217 2000 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

Meeting ID: 895 1665 0722
 Passcode: 980963

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

Topic: STRONGER 7PM US EST

Time: May 1, 2024 19:00 Eastern Time (US and Canada)

Every week on Wed, Mon, Fri, 12 occurrence(s)

- May 1, 2024 19:00
- May 3, 2024 19:00
- May 6, 2024 19:00
- May 8, 2024 19:00
- May 10, 2024 19:00
- May 13, 2024 19:00
- May 15, 2024 19:00
- May 17, 2024 19:00
- May 20, 2024 19:00
- May 22, 2024 19:00
- May 24, 2024 19:00
- May 27, 2024 19:00

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

Weekly: https://us02web.zoom.us/meeting/tZwucOusriMsGdAmOnCVlnWRk9LtMmvsJt0a/ics?icsToken=98tyKuGgrTwoHtSdthqDRpw-A4_Ca-iziFxdjad8kU_r1BZfbDTEPbtuJp9yBsv6

Join Zoom Meeting

<https://us02web.zoom.us/j/88372408634?pwd=QTVqRnFxb0o1SWpxWHFjRkg2aUtrQT09>

Meeting ID: 883 7240 8634
 Passcode: 614611

One tap mobile

+16699009128,,88372408634#,,,,*614611# US (San Jose)
 +17193594580,,88372408634#,,,,*614611# US

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)
- +1 669 444 9171 US
- +1 564 217 2000 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

Meeting ID: 883 7240 8634
 Passcode: 614611

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