



AUGUST 2026

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: Aug 3, 2026 09:00 Eastern Time (US and Canada)

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

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

Weekly: <https://us02web.zoom.us/join/85360579058?pwd=WM1YkZBxypOJL2KrINEVsUcIN1K3lo.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/85360579058?pwd=WM1YkZBxypOJL2KrINEVsUcIN1K3lo.1>

Meeting ID: 853 6057 9058

Passcode: 696973

One tap mobile

+13052241968,,85360579058#,,,,*696973# US

+13126266799,,85360579058#,,,,*696973# US (Chicago)

Join by SIP

• 85360579058@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/85360579058?pwd=WM1YkZBxypOJL2KrINEVsUcIN1K3lo.1>

Topic: STRONGER 7PM US EST

Time: Aug 3, 2026 19:00 Eastern Time (US and Canada)

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

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

Weekly: <https://us02web.zoom.us/join/88056656506?pwd=mEhnoCxbqAWdjfA1ZpsWhv3aNeSd8o.1>

Join Zoom Meeting

<https://us02web.zoom.us/j/88056656506?pwd=mEhnoCxbqAWdjfA1ZpsWhv3aNeSd8o.1>

Meeting ID: 880 5665 6506

Passcode: 193751

One tap mobile

+13052241968,,88056656506#,,,,*193751# US

+16469313860,,88056656506#,,,,*193751# US

Join by SIP

- 88056656506@zoomcrc.com

Join instructions

<https://us02web.zoom.us/join/88056656506?signature=gOmrQYYJhVY1AStzCxy3P8TeYgxlgHFLKJe-5TxVNGs>