

Workplace Zoom Session's: July - September 2023

Dates below in red aren't taking place due to bank holiday/annual leave.



Monday's 9:00 – 9.15am: Lindsey - Move and Stretch

Jul 3, 2023 09:00 AM

Jul 10, 2023 09:00 AM

~~Jul 17, 2023 09:00 AM~~

Jul 24, 2023 09:00 AM

Jul 31, 2023 09:00 AM

Aug 7, 2023 09:00 AM

Aug 14, 2023 09:00 AM

Aug 21, 2023 09:00 AM

~~Aug 28, 2023 09:00 AM~~

Sep 4, 2023 09:00 AM

Sep 11, 2023 09:00 AM

Sep 18, 2023 09:00 AM

Sep 25, 2023 09:00 AM

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

Weekly: [https://us02web.zoom.us/meeting/tZEgd-ihqD4tGtamJEuU-](https://us02web.zoom.us/meeting/tZEgd-ihqD4tGtamJEuU-EeR8QSuJQ8jwn4/ics?icsToken=98tyKuGtqTsrE9KQtxmFRpwMB4igd_PwpiVajbdckTXAFhUeXSbzBLpzAadVIYDa)

[EeR8QSuJQ8jwn4/ics?icsToken=98tyKuGtqTsrE9KQtxmFRpwMB4igd_PwpiVajbdckTXAFhUeXSbzBLpzAadVIYDa](https://us02web.zoom.us/meeting/tZEgd-ihqD4tGtamJEuU-EeR8QSuJQ8jwn4/ics?icsToken=98tyKuGtqTsrE9KQtxmFRpwMB4igd_PwpiVajbdckTXAFhUeXSbzBLpzAadVIYDa)

Join Zoom Meeting

<https://us02web.zoom.us/j/85701965702?pwd=b2EyRFJlSUxweVl1MjIvd294VjRXUT09>

Meeting ID: **857 0196 5702**

Passcode: **030174**

Tuesday's 12:00 – 12:15 with Chloe Townsend – Lunchtime Energiser

Jul 4, 2023 12:00 PM

Jul 11, 2023 12:00 PM

Jul 18, 2023 12:00 PM

Jul 25, 2023 12:00 PM

Aug 1, 2023 12:00 PM

Aug 8, 2023 12:00 PM

Aug 15, 2023 12:00 PM

Aug 22, 2023 12:00 PM

Aug 29, 2023 12:00 PM

Sep 5, 2023 12:00 PM

Sep 12, 2023 12:00 PM

Sep 19, 2023 12:00 PM

Sep 26, 2023 12:00 PM

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

Weekly: [https://us02web.zoom.us/meeting/tZctc-](https://us02web.zoom.us/meeting/tZctc-Gqpz8tH9RhJV8gftVUxou_CiGr2KYt/ics?icsToken=98tyKuGrrj8iGN2RtxyHRpwqAo-gWerxmClagvpvLDXTWydVdjXDLu1XDZF2N8qC)

[Gqpz8tH9RhJV8gftVUxou_CiGr2KYt/ics?icsToken=98tyKuGrrj8iGN2RtxyHRpwqAo-gWerxmClagvpvLDXTWydVdjXDLu1XDZF2N8qC](https://us02web.zoom.us/meeting/tZctc-Gqpz8tH9RhJV8gftVUxou_CiGr2KYt/ics?icsToken=98tyKuGrrj8iGN2RtxyHRpwqAo-gWerxmClagvpvLDXTWydVdjXDLu1XDZF2N8qC)

Join Zoom Meeting

<https://us02web.zoom.us/j/83048294750?pwd=UDc4c0Q5bERKTjRqWURRYWU1TEFYUT09>

Meeting ID: **830 4829 4750**

Passcode: **714925**

Wednesday's 08.45 – 09:00am with Chloe Townsend – Cardio Blast

Jul 5, 2023 08:45 AM

Jul 12, 2023 08:45 AM

Jul 19, 2023 08:45 AM

Jul 26, 2023 08:45 AM

Aug 2, 2023 08:45 AM

Aug 9, 2023 08:45 AM

Aug 16, 2023 08:45 AM

Aug 23, 2023 08:45 AM

Aug 30, 2023 08:45 AM

Sep 6, 2023 08:45 AM

~~Sep 13, 2023 08:45 AM~~

Sep 20, 2023 08:45 AM

Sep 27, 2023 08:45 AM

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Weekly:

<https://us02web.zoom.us/meeting/tZcqdOCurzgvG9O3FHC5oy7JN0ylgDDzxXSc/ics?icsToken=98tyKuGrqTgjHNWUwRiARpwqB4jCXe7zmHZYjfpzyznNIHVce1TcGLJbG7VbNMLI>

Join Zoom Meeting

<https://us02web.zoom.us/j/83739613517?pwd=dk9SSjJXdWN4dVMwZDFoK1BEeDJldz09>

Meeting ID: **837 3961 3517**

Passcode: **062174**

Thursday's 09:00 – 09:15 am with Chloe Townsend – Total Tone

Jul 6, 2023 09:00 AM

Jul 13, 2023 09:00 AM

Jul 20, 2023 09:00 AM

Jul 27, 2023 09:00 AM

Aug 3, 2023 09:00 AM

Aug 10, 2023 09:00 AM

Aug 17, 2023 09:00 AM

Aug 24, 2023 09:00 AM

Aug 31, 2023 09:00 AM

Sep 7, 2023 09:00 AM

~~— Sep 14, 2023 09:00 AM~~

Sep 21, 2023 09:00 AM

Sep 28, 2023 09:00 AM

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Weekly:

https://us02web.zoom.us/meeting/tZEpcuCupzsjGdWc_WQ3gt1OGkhgPxhcgPQt/ics?icsToken=98tyKuGtqj4jHN2VuRqGRpwMBo_4Xe7xmGJEjadqnyDSMnNUdlLZEelKNYJnGNvX

Join Zoom Meeting

<https://us02web.zoom.us/j/85459690931?pwd=SjUxZHVkeXg3VkUJUZ3BxL2kwZHErQT09>

Meeting ID: **854 5969 0931**

Passcode: **629695**

Friday's 08.45 – 09:00 am with Lindsey Abbott - Move and Stretch

Jul 7, 2023 08:45 AM

Jul 14, 2023 08:45 AM

~~Jul 21, 2023 08:45 AM~~

Jul 28, 2023 08:45 AM

Aug 4, 2023 08:45 AM

Aug 11, 2023 08:45 AM

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Weekly:

https://us02web.zoom.us/meeting/tZcqcOqorTsvG9Yb2bPq7XjtPfeYXQ55lsgb/ics?icsToken=98tyKuGrqTwpGteVtRiFRpwqB4_Cb_TztmJYjfpknk3nMzEEWgniBuRHC4pORY3c

Join Zoom Meeting

<https://us02web.zoom.us/j/83773030512?pwd=MHRJRIRWYTEzUS9wSHdRVtBoZWFiQT09>

Meeting ID: **837 7303 0512**

Passcode: **218151**