

## Workplace Zoom Session's: April - June 2024

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



### Monday's 08:50 – 9.05am: Lindsey - Move and Stretch

~~Apr 1, 2024 08:50 AM~~

~~Apr 8, 2024 08:50 AM~~

Apr 15, 2024 08:50 AM

Apr 22, 2024 08:50 AM

Apr 29, 2024 08:50 AM

~~May 6, 2024 08:50 AM~~

May 13, 2024 08:50 AM

May 20, 2024 08:50 AM

~~May 27, 2024 08:50 AM~~

~~Jun 3, 2024 08:50 AM~~

Jun 10, 2024 08:50 AM

Jun 17, 2024 08:50 AM

Jun 24, 2024 08:50 AM

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

Weekly: [https://us02web.zoom.us/meeting/tZEKce6hqTMsGdBAAwYn-N20FmN9J7WIESb1/ics?icsToken=98tyKuGtpz0tE9OdthqDRpwMHY\\_oKPPwtlxdjad\\_vT7yOi4eTFGmEO9sa5goJ9T1](https://us02web.zoom.us/meeting/tZEKce6hqTMsGdBAAwYn-N20FmN9J7WIESb1/ics?icsToken=98tyKuGtpz0tE9OdthqDRpwMHY_oKPPwtlxdjad_vT7yOi4eTFGmEO9sa5goJ9T1)

Join Zoom Meeting

<https://us02web.zoom.us/j/85967978634?pwd=UHlTRjdtNFhOcWc4ckE2dmxjaXl6dz09>

Meeting ID: 859 6797 8634

Passcode: 978654

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

Apr 2, 2024 12:00 PM

Apr 9, 2024 12:00 PM

Apr 16, 2024 12:00 PM

Apr 23, 2024 12:00 PM

~~Apr 30, 2024 12:00 PM~~

May 7, 2024 12:00 PM

May 14, 2024 12:00 PM

May 21, 2024 12:00 PM

May 28, 2024 12:00 PM

Jun 4, 2024 12:00 PM

Jun 11, 2024 12:00 PM

Jun 18, 2024 12:00 PM

Jun 25, 2024 12:00 PM

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

Weekly:

[https://us02web.zoom.us/meeting/tZcudOCorjooGNXOiQb6lBhKvJynqDEu4GHP/ics?icsToken=98tyKuGrrTgiGtSUS\\_huGRpwqA4jCXfTziH5BjY1lsxbUAXZ6QAvdIMhbPKNbNc2E](https://us02web.zoom.us/meeting/tZcudOCorjooGNXOiQb6lBhKvJynqDEu4GHP/ics?icsToken=98tyKuGrrTgiGtSUS_huGRpwqA4jCXfTziH5BjY1lsxbUAXZ6QAvdIMhbPKNbNc2E)

Join Zoom Meeting

<https://us02web.zoom.us/j/83339001221?pwd=RitNb3pUbHVPRVpmaStYTWR5SnRzZz09>

Meeting ID: 833 3900 1221  
Passcode: 681700

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

Apr 3, 2024 08:30 AM

Apr 10, 2024 08:30 AM

Apr 17, 2024 08:30 AM

Apr 24, 2024 08:30 AM

~~May 1, 2024 08:30 AM~~

May 8, 2024 08:30 AM

May 15, 2024 08:30 AM

May 22, 2024 08:30 AM

May 29, 2024 08:30 AM

Jun 5, 2024 08:30 AM

Jun 12, 2024 08:30 AM

Jun 19, 2024 08:30 AM

Jun 26, 2024 08:30 AM

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

Weekly:

<https://us02web.zoom.us/meeting/tZUtde2hrsJGdNngw-IT9G43iBKNoL1wN5f/ics?icsToken=98tyKuGprjkuE9SVuRqARpwcAojolPPziGJEjadzkhjyPCxnOySiZetgGZxwPlnH>

Join Zoom Meeting

<https://us02web.zoom.us/j/81024900937?pwd=QisvZzFqMFZPSzA0U3lsRnJYekJHQT09>

Meeting ID: 810 2490 0937

Passcode: 848876

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

**April ONLY**

Apr 4, 2024 09:00 AM

Apr 11, 2024 09:00 AM

Apr 18, 2024 09:00 AM

Apr 25, 2024 09:00 AM

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

Weekly:

[https://us02web.zoom.us/meeting/tZMvdeiuPzkqHNdKG75yVI1xHCXD6-wwE-V-/ics?icsToken=98tyKuGvrDkrHN2XsB-ERpwEAljod-7xmHpfgo1ZtziyVjllS1LuHsF6FuQyB8\\_1](https://us02web.zoom.us/meeting/tZMvdeiuPzkqHNdKG75yVI1xHCXD6-wwE-V-/ics?icsToken=98tyKuGvrDkrHN2XsB-ERpwEAljod-7xmHpfgo1ZtziyVjllS1LuHsF6FuQyB8_1)

Join Zoom Meeting

<https://us02web.zoom.us/j/87221692063?pwd=QXVCaGZLb2RlT2lYK2ttTTZJTWFNZz09>

Meeting ID: 872 2169 2063

Passcode: 419250

**Thursday's 12:00 – 12:15 with Francesca Townsend – Lunchtime Energiser**

**May and June ONLY**

<del>May 2, 2024 12:00 PM</del>
May 9, 2024 12:00 PM
May 16, 2024 12:00 PM
May 23, 2024 12:00 PM
May 30, 2024 12:00 PM
Jun 6, 2024 12:00 PM
Jun 13, 2024 12:00 PM
Jun 20, 2024 12:00 PM
Jun 27, 2024 12:00 PM
<p>Please download and import the following iCalendar (.ics) files to your calendar system.</p> <p>Weekly:</p> <p><a href="https://us02web.zoom.us/meeting/tZcsceyhrD4jH9UUuisqTRGMhOx7idZyXtks/ics?icsToken=98tyKuGrrz0vE9aQuRyGRpwqBY_oZ_PzpiVEgvpoqQrsEDFnUCTbPs1aZbt7KsHo">https://us02web.zoom.us/meeting/tZcsceyhrD4jH9UUuisqTRGMhOx7idZyXtks/ics?icsToken=98tyKuGrrz0vE9aQuRyGRpwqBY_oZ_PzpiVEgvpoqQrsEDFnUCTbPs1aZbt7KsHo</a></p> <p>Join Zoom Meeting</p> <p><a href="https://us02web.zoom.us/j/83165925951?pwd=ckozQmt4QkRHNXBZFZStKelhySEFNdz09">https://us02web.zoom.us/j/83165925951?pwd=ckozQmt4QkRHNXBZFZStKelhySEFNdz09</a></p> <p>Meeting ID: 831 6592 5951</p> <p>Passcode: 794849</p>

<b>Friday's 08:50 – 9.05am with Lindsey Abbott - Move and Stretch</b>
Apr 5, 2024 08:50 AM
<del>Apr 12, 2024 08:50 AM</del>
Apr 19, 2024 08:50 AM
Apr 26, 2024 08:50 AM
May 3, 2024 08:50 AM
May 10, 2024 08:50 AM
May 17, 2024 08:50 AM
May 24, 2024 08:50 AM
<del>May 31, 2024 08:50 AM</del>
<del>Jun 7, 2024 08:50 AM</del>
Jun 14, 2024 08:50 AM
Jun 21, 2024 08:50 AM
Jun 28, 2024 08:50 AM
<p>Please download and import the following iCalendar (.ics) files to your calendar system.</p> <p>Weekly:</p> <p><a href="https://us02web.zoom.us/meeting/tZ0ldeqqqzwvHNSvRpKxjpkkoFNJ437nhe0a/ics?icsToken=98tyKuGhpjkgNGStR-HRpx5Gojob-rwmGZYgo1uii31KDhZcgj9OcRsGOYsR9bY">https://us02web.zoom.us/meeting/tZ0ldeqqqzwvHNSvRpKxjpkkoFNJ437nhe0a/ics?icsToken=98tyKuGhpjkgNGStR-HRpx5Gojob-rwmGZYgo1uii31KDhZcgj9OcRsGOYsR9bY</a></p> <p>Join Zoom Meeting</p> <p><a href="https://us02web.zoom.us/j/89823257560?pwd=Z21NMW1NWVRjOWFkb0pyQzRnbmtsodz09">https://us02web.zoom.us/j/89823257560?pwd=Z21NMW1NWVRjOWFkb0pyQzRnbmtsodz09</a></p> <p>Meeting ID: 898 2325 7560</p> <p>Passcode: 015956</p>