

Workplace Zoom Session's: July – September 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

Jul 1, 2024 08:50 AM

Jul 8, 2024 08:50 AM

Jul 15, 2024 08:50 AM

Jul 22, 2024 08:50 AM

Jul 29, 2024 08:50 AM

Aug 5, 2024 08:50 AM

Aug 12, 2024 08:50 AM

Aug 19, 2024 08:50 AM

~~Aug 26, 2024 08:50 AM~~

~~Sep 2, 2024 08:50 AM~~

~~Sep 9, 2024 08:50 AM~~

Sep 16, 2024 08:50 AM

Sep 23, 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=98tyKuGtpz0tE9OdtqDRpwMHY_oKPPwtlxjdjad_vT7yOi4eTFGmEO9sa5goJ9T1

Join Zoom Meeting

<https://us02web.zoom.us/j/85967978634?pwd=UHITRjdtNFhOcWc4ckE2dmxjaXI6dz09>

Meeting ID: **859 6797 8634**

Passcode: **978654**

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

Jul 2, 2024 12:00 PM

Jul 9, 2024 12:00 PM

Jul 16, 2024 12:00 PM

Jul 23, 2024 12:00 PM

Jul 30, 2024 12:00 PM

Aug 6, 2024 12:00 PM

Aug 13, 2024 12:00 PM

Aug 20, 2024 12:00 PM

Aug 27, 2024 12:00 PM

Sep 3, 2024 12:00 PM

Sep 10, 2024 12:00 PM

Sep 17, 2024 12:00 PM

Sep 24, 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=98tyKuGrrTgjGtSUS_huGRpwqA4jCXfTziH5BjY1lsxbUAXZ6QAvdIMhbPKNbNc2E

Join Zoom Meeting

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

Meeting ID: **833 3900 1221**
Passcode: **681700**

Wednesday's 09:00 – 09:15 am with Francesca Townsend – Cardio Blast

Jul 3, 2024 09:00 AM
Jul 10, 2024 09:00 AM
Jul 17, 2024 09:00 AM
Jul 24, 2024 09:00 AM
Jul 31, 2024 09:00 AM
Aug 7, 2024 09:00 AM
Aug 14, 2024 09:00 AM
Aug 21, 2024 09:00 AM
Aug 28, 2024 09:00 AM
Sep 4, 2024 09:00 AM
Sep 11, 2024 09:00 AM
Sep 18, 2024 09:00 AM
Sep 25, 2024 09:00 AM

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

Weekly:

https://us02web.zoom.us/meeting/tZUtde2hrsJGdNngw_IT9G43iBKNoL1wN5f/ics?icsToken=98tyKuGprikuE9SVuRqARpwcAojolPPziGJEjadzkhjyPCxnOySiZetgGZxwPlnH

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

Jul 4, 2024 12:00 PM
Jul 11, 2024 12:00 PM
Jul 18, 2024 12:00 PM
Jul 25, 2024 12:00 PM
Aug 1, 2024 12:00 PM
Aug 8, 2024 12:00 PM
Aug 15, 2024 12:00 PM
Aug 22, 2024 12:00 PM
Aug 29, 2024 12:00 PM
Sep 5, 2024 12:00 PM
Sep 12, 2024 12:00 PM
Sep 19, 2024 12:00 PM
Sep 26, 2024 12:00 PM

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

Weekly:

https://us02web.zoom.us/meeting/tZcsceyhrD4jH9UUuisqTRGMhOx7idZyXtks/ics?icsToken=98tyKuGrrz0vE9aQuRyGRpwqBY_oZ_PzpiVEgvpqQrsEDFnUCTbPs1aZbt7KsHo

Join Zoom Meeting

<https://us02web.zoom.us/j/83165925951?pwd=ckozQmt4QkRHNXBZFZStKelhySEFNdz09>

Meeting ID: **831 6592 5951**

Passcode: **794849**

Friday's 08:50 – 9.05am with Lindsey Abbott - Move and Stretch

Jul 5, 2024 08:50 AM

Jul 12, 2024 08:50 AM

Jul 19, 2024 08:50 AM

Jul 26, 2024 08:50 AM

Aug 2, 2024 08:50 AM

Aug 9, 2024 08:50 AM

Aug 16, 2024 08:50 AM

Aug 23, 2024 08:50 AM

Aug 30, 2024 08:50 AM

~~— Sep 6, 2024 08:50 AM~~

~~— Sep 13, 2024 08:50 AM~~

Sep 20, 2024 08:50 AM

Sep 27, 2024 08:50 AM

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

Weekly:

<https://us02web.zoom.us/meeting/tZ0ldeqqzwwHNSvRpKxjpkkoFNJ437nhe0a/ics?icsToken=98tyKuGhpjkgNGStR-HRpx5Gojob-rwmGZYgo1uii31KDhZcgj9OcRsGOYsR9bY>

Join Zoom Meeting

<https://us02web.zoom.us/j/89823257560?pwd=Z21NMW1NWVRjOWFkb0pyQzRnbmtsZ09>

Meeting ID: **898 2325 7560**

Passcode: **015956**