

# SPRING 2024 Quarter

## CALL CALENDAR and LINKS

Here is the current quarter's call schedule. You can also find this information, complete with links to join, on the [Daily Virtuoso google calendar](#). It is not a requirement to use the google calendar; we're providing it for your convenience.

### WELCOME CALL

- Monday, April 1, [11am-12:30pm PDT](#) on [Zoom](#)  
**Meeting ID:** 864 7152 2795  
**Passcode:** welcome!

### WORKOUTS

- W7: Tuesday, April 9, [1-2pm PT](#) on [Vimeo Live](#)
- W8: Tuesday, May 7, [9-10am PT](#) on [Vimeo Live](#)
- W9: Monday, June 10, [10-11am PT](#) on [Vimeo Live](#)

### HOT-SEAT STUDIOS

[Click here to submit a question](#)

- HSS7: Monday, April 29, [9-10:30 am PT](#) on [Zoom](#)
- HSS8: Monday, May 20, [12:30-2pm PT](#) on [Zoom](#)
- HSS9: Thursday, June 27, [1-2:30pm PT](#) on [Zoom](#)

### PRACTICE SQUADS

- Powell Squad with Aja, Wednesday, April 10, [6-7:30pm PT](#) on [Zoom](#)
- Kreisler Squad with Louise, Monday, April 15, [6-7:30 am PT](#) on [Zoom](#)
- Menuhin Squad with Kerstin, Friday, April 19, [9:30-11 am PT](#) on [Zoom](#)
- Primrose Squad with Kate, Tuesday, April 23, [4-5:30 pm PT](#) on [Zoom](#)
- Kreisler Squad with Louise, Monday, May 6, [6-7:30 am PT](#) on [Zoom](#)
- Primrose Squad with Kate, Tuesday, May 14, [4-5:30 pm PT](#) on [Zoom](#)
- Powell Squad with Aja, Wednesday, May 22, [6-7:30pm PT](#) on [Zoom](#)
- Menuhin Squad with Kerstin, Friday, May 31, [9:30-11 am PT](#) on [Zoom](#)
- Kreisler Squad with Louise, Monday, June 3, [6-7:30 am PT](#) on [Zoom](#)
- Primrose Squad with Kate, Tuesday, June 18, [4-5:30 pm PT](#) on [Zoom](#)
- Menuhin Squad with Kerstin, Friday, June 21, [9:30-11 am PT](#) on [Zoom](#)

- Powell Squad with Aja, Wednesday, June 26, [6-7:30pm PT](#) on [Zoom](#)

## GUEST CLASS(ES)

TBA

## HELPFUL LINKS

- [Hot-Seat Studios](#)  
**Meeting ID:** 854 0087 0775  
**Passcode:** hotseat
- [Workouts](#)
- [Practice Squads](#)  
**Meeting ID:** 843 9679 2860  
**Passcode:** practice