



Transition Coach Canada

"Building stronger people for a healthier world"

SHAMROCK
FITNESS

June 2021 Class Schedule

<https://transitioncoach.ca/online-classes>

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 am		Wakey Stretchy Travis	DDPY Marcel	Wakey Stretchy Travis	DDPY Travis	Wakey Stretchy Travis	
9:00 am	No-Pushup Sunday Marcel***	DDPY Marcel	DDPY Beverly	DDPY Marcel	DDPY Marcel	DDPY Marcel	Active Recovery Travis
ALL LISTED TIMES ARE EST (Eastern Time) – REGISTER for CLASSES at https://transitioncoach.ca/online-classes Free Classes and Special Guests – See below!							
5:30 pm				DDPY Travis		Friday DDPY Burn Travis and Guests FREE CLASS**	
6:00 pm		DDPY Travis	DDPY Travis		DDPY Fundamentals Marcel FREE CLASS		

- **FREE every week:** DDPY Fundamentals with Marcel every Thursday at 6:00 PM Eastern Time
- **FREE every week:** Friday Evening DDPY Burn with Travis and/or special guests – every Friday at 5:30 PM Eastern Time
- ****Special Guest Friday, June 4, 2021 (Free Class),** at 5:30 PM Eastern Time - Ben Carson from *Burning and Earning with Ben* - joining Travis Mahaffey for Friday Evening DDPY Burn
- *****Special Guest Sunday, June 20, 2021 (Free Class),** at 9:00 AM Eastern Time – Jim York from *York Yoga Fitness* - joining Marcel Doré for Father's Day Special No Pushup Sunday