



Transition Coach Canada

"Building stronger people for a healthier world"

SHAMROCK
FITNESS

Hey
Y'all
FITNESS

May 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 Marcel	Wakey Stretchy Travis	
9:00 am	No-Pushup Sunday Marcel	DDPY Marcel	DDPY Kristin	DDPY Marcel	DDPY Kristin	DDPY Marcel	Active Recovery Travis***
ALL LISTED TIMES ARE EST (Eastern Time) – REGISTER for CLASSES at https://transitioncoach.ca/online-classes Important May Dates: May 1 – Smitty’s Run / May 9 – Mother’s Day – Special guest Christina Russell / May 14 – Special guest Garrett Sakahara							
5:30 pm				DDPY Travis		Friday DDPY Burn Travis, Kristin, 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 EST (5:00 PM CST)
- FREE every other week:** Friday Evening DDPY Burn with Kristin, Travis and/or special guests – every second Friday at 5:30 PM EST (4:30 PM CST) – May dates are: **May 14 and May 28, 2021 [Special guest May 14, 2021 – Garrett Sakahara from Atlanta, Georgia]**
- SPECIAL FREE Class – May 9, 2021 – No Pushup Sunday Mother’s Day Edition 9:00 AM EST (8:00 AM CST) – [Special guest Christina Russell from Atlanta, Georgia]**
- ***On May 1, 2021 – Active Recovery** will start at 7:00 AM EST (6:00 AM CST) due to Smitty’s Run starting at 9:00 AM