



# Transition Coach Canada

*"Building stronger people for a healthier world"*

**SHAMROCK**  
FITNESS

## September/October 2021 Class Schedule

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



Time:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:30 AM</b> (45 minutes)		Wakey Stretchy (Travis)	DDPY (Travis)	Wakey Stretchy (Travis)	DDPY (Travis)	Wakey Stretchy (Travis)	
<b>9:00 AM</b> (60 minutes)	No Pushup Sunday (Marcel)	DDPY (Marcel)	DDPY (Beverly)	DDPY (Marcel)	DDPY (Beverly)	DDPY (Marcel)	Active Recovery (Travis)
<b>All times are Eastern Time Zone (Toronto/New York)</b>							
<b>5:30 PM</b> (60 minutes)						First Friday (Travis and Special Guest)	
<b>6:00 PM</b> (60 minutes)		DDPY (Travis)		DDPY (Travis)	DDPY Fundamentals (Travis)		
<b>8:00 PM</b> (60 minutes)			Flexibility Coaching (Travis)		Flexibility Coaching (Travis)		