



# Transition Coach Canada

*"Building stronger people for a healthier world"*

**SHAMROCK**  
FITNESS

## Summer (July/August) 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 <a href="https://transitioncoach.ca/online-classes">https://transitioncoach.ca/online-classes</a> <b>Free Classes and Special Guests – See below!</b>							
5:30 pm				Note time change ⬇️⬇️⬇️		Friday DDPY Burn Travis and Guests <b>FREE CLASS</b>	
6:00 pm		DDPY Travis	DDPY Travis	DDPY Travis	DDPY Fundamentals Marcel <b>FREE CLASS</b>		

### FREE CLASSES

- **Every week:** DDPY Fundamentals with Marcel every Thursday at 6:00 PM Eastern Time
- **Every week:** Friday Evening DDPY Burn with Travis and/or special guests – every Friday at 5:30 PM Eastern Time
- **July 1 - CANADA DAY Special** – Marcel Doré and Beverly Bouma at 10:00 AM EDT (7:00 AM Pacific) – *(No 9:00 AM or 6:00 PM Classes)*
- **July 2** – Friday Evening DDPY Burn – 5:30 PM EDT with Travis and special guest – **Steven Urban** (Yoga Class – 90 minutes)
- **July 4<sup>th</sup> USA Special** – Travis will join Marcel for No Pushup Sunday
- **July 11, 2021** – No Pushup Sunday with very special guests: **Laura Maccabiani** and **Alessandro Amadei** – both Level 2 DDPY Instructors from Italy!
- **August 6** - Friday Evening DDPY Burn – 5:30 PM EDT with Travis and special guest – **Beverly Bouma**