



The SHIFT Zoom Call Schedule

All calls will be from 12-1:30pm ET/ 9-10:30am PT

***NOTE: All calls will be recorded and posted within 24 hours

Sat, April 12	Kick off Class
Sun April 27	Group Coaching
Sun, May 4	Class
Sun, May 18	Group Coaching
Sun, June 8	Class
Sun, June 22	Group Coaching
Sun, July 13	Class
Sun, July 27	Group Coaching
Sun, Aug 10	Class
Sun, Aug 24	Group Coaching
Sun, Sept 14	Class
Sun, Sept 28	Group Coaching
Sun, Oct 12	Class
Sun, Oct 26	Group Coaching
Sun, Nov 9	Class
Sun, Nov 23	Group Coaching
Sun, Dec 7	Class
Sun, Dec 21	Group Coaching

[Here is the link to automatically add dates to your Google calendar.](#)