



## **TIME Shifting - Self Paced - 2025 Group Coaching**

| <b>Date</b>                                | <b>Time (EST)</b> |
|--------------------------------------------|-------------------|
| <a href="#">Friday, January 31, 2025</a>   | 12:30 - 1:00      |
| <a href="#">Friday, February 14, 2025</a>  | 12:30 - 1:00      |
| <a href="#">Friday, March 21, 2025</a>     | 1:00 - 1:30       |
| <a href="#">Friday, April 11, 2025</a>     | 3:00 - 3:30       |
| <a href="#">Friday, May 09, 2025</a>       | 12:30 - 1:00      |
| <a href="#">Friday, June 13, 2025</a>      | 12:30 - 1:00      |
| <a href="#">Friday, July 11, 2025</a>      | 3:00 - 3:30       |
| <a href="#">Friday, August 22, 2025</a>    | 12:30 - 1:00      |
| <a href="#">Friday, September 19, 2025</a> | 12:30 - 1:00      |
| <a href="#">Friday, October 17, 2025</a>   | 12:30 - 1:00      |
| <a href="#">Friday, November 14, 2025</a>  | 12:30 - 1:00      |
| <a href="#">Friday, December 12, 2025</a>  | 12:30 - 1:00      |