

# Shirley Markant Coaching – General Availability 2026

## [Weekly hours](#)



[Unavailable](#)



[9:00am - 12:00pm](#)



[Unavailable](#)



[1:00pm - 4:00pm](#)



[8:00am - 11:00am](#)

[7:00pm - 8:00pm](#)



[10:00am - 4:00pm](#)



[Unavailable](#)

[Eastern Time - US & Canada](#)

**Coaching sessions (45 minutes each) are generally available within the hours (EST) listed.** This schedule gives a sense of typical availability, but not every time slot may be open when you book.

Once you've signed up for your coaching subscription or package, you'll receive a link to select the sessions that work best for you.

If these times don't fit your schedule, don't worry. I do have limited availability outside of this list by request — just reach out through [my contact form](#) and we'll see what's possible.