



Session Dates: March 1st – 31st

**Live4Today Studio is located at
1912 19 Avenue, Wainwright**

Registration is open

Thursday, February 22nd, from 7am - noon

** Please Note- All schedules subject to change based on registration response **

Name: _____

Cell # _____

E-mail: _____

INTENISTY 10

Monday 6:00 am	Wednesday 6:00 am	Friday 6:00 am
\$60	\$60	\$60

MOTIVATION March! Intensive small-group personal training

Monday Sessions	Tuesday Sessions	Wednesday Sessions	Thursday Sessions
\$100	\$100	\$100	\$100
	6:00 AM		6:00 AM
7:05 AM	7:05 AM	7:05 AM	7:05 AM
9:15 AM	9:15 AM	9:15 AM	9:15 AM
12:10 PM	12:10 PM		12:10 PM
4:00 PM	4:00 PM		4:00 PM
5:10 PM	5:10 PM	5:10 PM	5:10 PM

OFFICE USE ONLY

Paid: TOTAL \$ _____ Cheque # _____ Cash _____ E-transfer _____

MARCH 2024

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

6am Int10

03

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07

08

09

6am Int10
7:05 MM
9:15 MM
12:10 MM
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6am Int10
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4:00 MM
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6am Int10

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6am Int10
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6am Int10

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6am Int10
7:05 MM
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5:10 MM

6am Int10

APRIL
Registration

24

25

26

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30

6am Int10
7:05 MM
9:15 MM
12:10 MM
4:00 MM
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6am Int10
7:05 MM
9:15 MM
5:10 MM

7:05 MM
9:15 MM
12:10 MM
4:00 MM
5:10 MM

GOOD FRIDAY
CLOSED

31