



Session Dates: May 1 – 31, 2024
Live4Today Studio is located at
1912 19 Avenue, Wainwright
Registration is open
Thursday, April 25th from 7am - noon
** Please Note- All schedules subject to change based on registration response **

Name: _____

Cell # _____

E-mail: _____

RESHAPE ME – Intense <i>Makeover Month</i> that produces results!		
MONDAY	WEDNESDAYS	FRIDAYS
6:00 – 7:00 AM	5:30 – 7:00 AM	6:00 – 7:00 AM
\$575		

INTENSITY 10	
TUESDAY 6:00 AM	THURSDAY 6:00 AM
\$60	\$75

MINDFUL MAY! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$75	\$100	\$125	\$125
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 _____

MAY 2024

SUN

MON

TUE

WED

THU

FRI

SAT

			01	02	03	04
			5:30-7 RM	6:00 Int 10	6-7 RM	
			7:05 MM 9:15 MM 4:00 MM 5:10 MM	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM		
05	06	07	08	09	10	11
	6-7 RM	6:00 Int 10	530-7 RM	6:00 Int 10	6-7 RM	
	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	7:05 MM 9:15 MM 5:10 MM	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM		
12	13	14	15	16	17	18
	6-7 RM	6:00 Int 10	530-7 RM	6:00 Int 10	6-7 RM	
	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	7:05 MM 9:15 MM 5:10 MM	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM		
19	20	21	22	23	24	25
	VICTORIA DAY DAY CLOSED	6:00 Int 10	530-7 RM	6:00 Int 10	6-7 RM	
		7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	7:05 MM 9:15 MM 5:10 MM	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM		
				JUNE REGISTRATION		
26	27	28	29	30	31	
	6-7 RM	6:00 Int 10	530-7 RM	6:00 Int 10	6-7 RM	
	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM	7:05 MM 9:15 MM 5:10 MM	7:05 MM 9:15 MM 12:10 MM 4:00 MM 5:10 MM		