



**Session Dates: June 1<sup>st</sup> – 30<sup>th</sup>**

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

**Registration is open  
Thursday, MAY 23<sup>rd</sup> from 7am - noon**

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

**Name:** \_\_\_\_\_

**Cell #** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

INTENSITY 10	
Tuesday 6:00 am	Thursday 6:00 am
\$60	\$60

JUST 4 YOU June! Intensive small-group personal training			
Monday Sessions	Tuesday Sessions	Wednesday Sessions	Thursday Sessions
<b>\$100</b>	<b>\$100</b>	<b>\$100</b>	<b>\$100</b>
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

**OFFICE USE ONLY**

**Paid:** TOTAL \$ \_\_\_\_\_ Cheque # \_\_\_\_\_ Cash \_\_\_\_\_ E-transfer \_\_\_\_\_

# JUNE 2024

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

6:00 JJ  
7:05 JJ  
9:15 JJ  
12:10 JJ  
4:00 JJ  
5:10 JJ

03

6am Int 10  
7:05 JJ  
9:15 JJ  
12:10 JJ  
4:00 JJ  
5:10 JJ

04

6:00 JJ  
7:05 JJ  
9:15 JJ

05

6 am Int 10  
7:05 JJ  
9:15 JJ  
12:10 JJ  
4:00 JJ  
5:10 JJ

06

07

08

09

6:00 JJ  
7:05 JJ  
9:15 JJ  
12:10 JJ  
4:00 JJ  
5:10 JJ

10

6 am Int 10  
7:05 JJ  
9:15 JJ  
12:10 JJ  
4:00 JJ  
5:10 JJ

11

6:00 JJ  
7:05 JJ  
9:15 JJ

12

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

13

14

15

16

6:00 JJ  
7:05 JJ  
9:15 JJ  
12:10 JJ  
4:00 JJ  
5:10 JJ

17

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

18

6:00 JJ  
7:05 JJ  
9:15 JJ

19

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

20

21

22

**JULY**  
**Registration**

23

6:00 JJ  
7:05 JJ  
9:15 JJ  
12:10 JJ  
4:00 JJ  
5:10 JJ

24

6 am Int 10  
7:05 JJ  
9:15 JJ  
12:10 JJ  
4:00 JJ  
5:10 JJ

25

6:00 JJ  
7:05 JJ  
9:15 JJ

26

6am Int 10  
7:05 JJ  
9:15 JJ  
12:10 JJ  
4:00 JJ  
5:10 JJ

27

28

29

30