



Session Dates: February 2nd – 27th

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

Registration is open

Thursday, January 22nd from 7am – noon

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

Name: _____

Cell # _____

E-mail: _____

INTENSITY 10	
TUESDAYS 6:00 AM	THURSDAYS 6:00 AM
\$60	\$45

FAB-FIT-FUN February! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$75	\$100	\$100	\$75
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
11:30 PM	11:30 PM		11:30 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 _____

FEBRUARY 2026

SUN

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TUE

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07

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6:00 Int10
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CLOSED

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CLOSED

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CLOSED
FAMILY
DAY

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CLOSED

22

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6:00 FFFF
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CLOSED