



**Session Dates: March 2<sup>nd</sup> – 31<sup>st</sup>**  
 Live4Today Studio is located at  
 1912 19 Avenue, Wainwright  
**Registration is open**  
**Thursday, January 22<sup>nd</sup>, 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
\$45	\$30

MOTIVATION March! Intensive small-group personal training			
Monday Sessions	Tuesday Sessions	Wednesday Sessions	Thursday Sessions
\$100	\$75	\$50	\$50
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 \_\_\_\_\_

# MARCH 2026

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MON

TUE

WED

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6:00 MM  
7:05 MM  
9:15 MM  
11:30 MM  
4:00 MM  
5:10 MM

6am Int10  
7:05 MM  
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6am Int10  
7:05 MM  
9:15 MM  
11:30 MM  
4:00 MM  
5:10 MM

CLOSED

08

09

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6:00 MM  
7:05 MM  
9:15 MM  
11:30 MM  
4:00 MM  
5:10 MM

CLOSED

CLOSED

CLOSED

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6:00 MM  
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6am Int10  
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6am Int10  
7:05 MM  
9:15 MM  
11:30 MM  
4:00 MM  
5:10 MM

CLOSED

**APRIL**

**REGISTRATION**

29

30

31

6:00 MM  
7:05 MM  
9:15 MM  
11:30 MM  
4:00 MM  
5:10 MM

6am Int10  
7:05 MM  
9:15 MM  
11:30 MM  
4:00 MM  
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