



Session Dates: April 1st – 30th

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

Registration is open

Thursday, March 26th 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	\$80

ACTION April! Intensive small-group personal training			
Monday Sessions	Tuesday Sessions	Wednesday Sessions	Thursday Sessions
\$60	\$90	\$120	\$120
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 AM	11:30 AM		11:30 AM
4:00 PM	4:00 PM		4:00 PM
5:00 PM	5:00 PM		5:00 PM

WELLNESS JOURNEY 2026
April 24 – JUNE 12
\$525
FRIDAYS 5:30 – 7:00 AM

OFFICE USE ONLY

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

APRIL 2026

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

6:00 AA
7:05 AA
9:15 AA

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

CLOSED

5pm SS26

05

06

07

08

09

10

11

CLOSED

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

6:00 AA
7:05 AA
9:15 AA

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

CLOSED

12

13

14

15

16

17

18

EASTER
BREAK
CLOSED

19

20

21

22

23

24

25

6:00 AA
7:05 AA
9:15 AA
11:30 AA
4:00 AA
5:00 AA

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

6:00 AA
7:05 AA
9:15 AA

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

5:30 – 7:00
WJ26

MAY
Registration

26

27

28

29

30

6:00 AA
7:05 AA
9:15 AA
11:30 AA
4:00 AA
5:00 AA

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

6:00 AA
7:05 AA
9:15 AA

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