



Session Dates: June 1 - 30, 2026

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

**Registration is open
Thursday, May 21st 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
\$100	\$80

JUST 4 YOU June! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$150	\$150	\$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
FRIDAYS 5:30 – 7:00 AM

OFFICE USE ONLY

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

JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
	6:00 JJ 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	6:00 Int 10 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	6:00 JJ 7:05 JJ 9:15 JJ	6:00 Int 10 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	5:30–7:00 AM WJ26	
07	08	09	10	11	12	13
	6:00 JJ 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	6:00 Int 10 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	6:00 JJ 7:05 JJ 9:15 JJ	6:00 Int 10 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	5:30–7:00 AM WJ26	
14	15	16	17	18	19	20
	6:00 JJ 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	6:00 Int 10 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	6:00 JJ 7:05 JJ 9:15 JJ	6:00 Int 10 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ		
				JULY REGISTRATION		
21	22	23	24	25	26	27
	6:00 JJ 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	6:00 Int 10 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	6:00 JJ 7:05 JJ 9:15 JJ	6:00 Int 10 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ		
28	29	30				
	6:00 JJ 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ	6:00 Int 10 7:05 JJ 9:15 JJ 11:30 JJ 4:00 JJ 5:00 JJ				