



Session Dates: July 1st – 31st

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

Registration is open

Thursday, June 18th from 7am - noon

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

Name: _____

Cell # _____

E-mail: _____

INTENSITY 10	
TUESDAYS 6:00 AM	TURSDAYS 6:00 AM
\$40	\$60

JUST DO IT JULY! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$60	\$60	\$60	\$90
6:00 AM		6:00 AM	
7:05 AM	7:05 AM	7:05 AM	7:05 AM
8:10 AM	9:15 AM	8:10 AM	9:15 AM
9:15 AM	11:30 PM	9:15 AM	11:30 PM
11:30 AM	4:00 PM		4:00 PM
	5:00 PM		5:00 PM

OFFICE USE ONLY

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

JULY 2026

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CANADA DAY
CLOSED

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

August
Registration

19

20

21

22

23

24

25

CLOSED

CLOSED

CLOSED

CLOSED

CLOSED

26

27

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29

30

31

CLOSED

CLOSED

CLOSED

CLOSED

CLOSED