



Session Dates: August 1 - 31, 2026

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

Registration is open

Thursday, July 16th 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
\$80	\$80

ACTIVE AUGUST! Intensive small-group personal training		
TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$120	\$120	\$120
7:05 AM	6:00 AM	7:05 AM
9:15 AM	7:05 AM	9:15 AM
11:30 AM	8:10 AM	11:30 AM
4:00 PM	9:15 AM	4:00 PM
5:00 PM	11:30 AM	5:00 PM

OFFICE USE ONLY

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

AUGUST 2026

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

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

05

6:00 AA
7:05 AA
8:10 AA
9:15 AA
11:30 AA

06

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

07

08

09

10

11

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

12

6:00 AA
7:05 AA
8:10 AA
9:15 AA
11:30 AA

13

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

14

15

16

17

18

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

19

6:00 AA
7:05 AA
8:10 AA
9:15 AA
11:30 AA

20

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

21

22

September
Registration

23

24

25

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

26

6:00 AA
7:05 AA
8:10 AA
9:15 AA
11:30 AA

27

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

28

29

30

31