

Session Dates: November 1st – 30th, 2026

Live4Today Studio is located at
1912 19 Avenue, Wainwright

Registration is open
Thursday, October 22nd 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

NO EXCUSES NOVEMBER! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
$150	$120	$90	$120
6:00 AM		6:00 AM	
7:05 AM	7:05 AM	7:05 AM	7:05 AM
8:10 AM (ACTIVE 55+)	8:10 AM	8:10 AM (ACTIVE 55+)	8:10 AM
9:15 AM	9:15 AM	9:15 AM	9:15 AM
12:10 PM	12:10 PM		12:10 PM
4:00 PM (ACTIVE 55+)	4:00 PM		4:00 PM
5:00 PM	5:00 PM		5:00 PM

OFFICE USE ONLY

Paid: TOTAL $_____ Cheque #_____Cash_____ E-transfer_____

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
01	02 6:00 NEN 7:05 NEN 8:10 55+ 9:15 NEN 12:10 NEN 4:00 55+ 5:00 NEN	03 6:00 Int10 7:05 NEN 8:10 NEN 9:15 NEN 12:10 NEN 4:00 NEN 5:00 NEN	04 6:00 NEN 7:05 NEN 8:10 55+ 9:15 NEN	05 6:00 Int10 7:05 NEN 8:10 NEN 9:15 NEN 12:10 NEN 4:00 NEN 5:00 NEN	06	07
08	09 6:00 NEN 7:05 NEN 8:10 55+ 9:15 NEN 12:10 NEN 4:00 55+ 5:00 NEN	10 6:00 Int10 7:05 NEN 8:10 NEN 9:15 NEN 12:10 NEN 4:00 NEN 5:00 NEN	11 CLOSED REMEMBRANCE DAY	12 6:00 Int10 7:05 NEN 8:10 NEN 9:15 NEN 12:10 NEN 4:00 NEN 5:00 NEN	13	14
15	16 6:00 NEN 7:05 NEN 8:10 55+ 9:15 NEN 12:10 NEN 4:00 55+ 5:00 NEN	17 6:00 Int10 7:05 NEN 9:15 NEN 8:10 NEN 12:10 NEN 4:00 NEN 5:00 NEN	18 6:00 NEN 7:05 NEN 8:10 55+ 9:15 NEN	19 6:00 Int10 7:05 NEN 8:10 NEN 9:15 NEN 12:10 NEN 4:00 NEN 5:00 NEN	20	21
22	23 6:00 NEN 7:05 NEN 8:10 55+ 9:15 NEN 12:10 NEN 4:00 55+ 5:00 NEN	24 6:00 Int10 7:05 NEN 8:10 NEN 9:15 NEN 12:10 NEN 4:00 NEN 5:00 NEN	25 6:00 NEN 7:05 NEN 8:10 55+ 9:15 NEN	26 6:00 Int10 7:05 NEN 8:10 NEN 9:15 NEN 12:10 NEN 4:00 NEN 5:00 NEN	27	28
29	30 6:00 NEN 7:05 NEN 8:10 55+ 9:15 NEN 12:10 NEN 4:00 55+ 5:00 NEN					