



Session Dates: October 1st – 31st

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

Registration is open

Thursday, September 19th from 7am - noon

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

Name: _____

Cell # _____

E-mail: _____

INTENSITY 10	
TUESDAY 6:00 AM	TURSDAY 6:00 AM
\$75	\$75

OPPORTUNITY OCTOBER! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$75	\$125	\$125	\$125 *
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
12:10 PM	12:10 PM		12:10 PM
4:00 PM	4:00 PM		4:00 PM
5:10 PM	5:10 PM	5:10 PM	5:10 PM (* \$100)

OFFICE USE ONLY

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

OCTOBER 2024

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

05

6:00 Int10
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

6:00 OO
7:05 OO
9:15 OO
5:10 OO

6:00 Int10
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

5:30 – 7:00 AM
WELLNESS JOURNEY

06

07

08

09

10

11

12

6:00 OO
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

6:00 Int10
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

6:00 OO
7:05 OO
9:15 OO
5:10 OO

6:00 Int10
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

5:30 – 7:00 AM
WELLNESS JOURNEY

13

14

15

16

17

18

19

THANKSGIVING
CLOSED

6:00 Int10
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

6:00 OO
7:05 OO
9:15 OO
5:10 OO

6:00 Int10
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

5:30 – 7:00 AM
WELLNESS JOURNEY

20

21

22

23

24

25

26

6:00 OO
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

6:00 Int10
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

6:00 OO
7:05 OO
9:15 OO
5:10 OO

6:00 Int10
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

5:30 – 7:00 AM
WELLNESS JOURNEY

Nov / Dec
Registration

27

28

29

30

31

6:00 OO
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

6:00 Int10
7:05 OO
9:15 OO
12:10 OO
4:00 OO
5:10 OO

6:00 OO
7:05 OO
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5:10 OO

6:00 Int10
7:05 OO
9:15 OO
12:10 OO
4:00 OO