



Session Dates: November 1 – December 20, 2024

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

**Registration is open
Thursday, October 24th from 7am - noon**

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

Name: _____

Cell # _____

E-mail: _____

NOVEMBER INTENSITY 10		RISE & GRIND
TUESDAY 6:00 AM	THURSDAY 6:00 AM	FRIDAY 6:00 AM
\$60	\$60	\$75

No Excuses November! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$75	\$100	\$100	\$100
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

DECEMBER INTENSITY 10		RISE & GRIND
TUESDAY 6:00 AM	THURSDAY 6:00 AM	FRIDAY 6:00 AM
\$45	\$45	\$45

Dedicated December! Intensive small-group personal training			
MONDAY Sessions	TUESDAY Sessions	WEDNESDAY Sessions	THURSDAY Sessions
\$75	\$75	\$75	\$75
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

OFFICE USE ONLY

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

NOVEMBER 2024

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

6:00 R&G

03

04

05

06

07

08

09

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

6:00 Int 10
7:05 NEN
9:15 NEN
12:10 NEN
4:00 NEN
5:10 NEN

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

6:00 Int 10
7:05 NEN
9:15 NEN
12:10 NEN
4:00 NEN
5:10 NEN

6:00 R&G

10

11

12

13

14

15

16

CLOSED
In lieu of
Remembrance
Day

6:00 Int 10
7:05 NEN
9:15 NEN
12:10 NEN
4:00 NEN
5:10 NEN

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

6:00 Int 10
7:05 NEN
9:15 NEN
12:10 NEN
4:00 NEN
5:10 NEN

6:00 R&G

17

18

19

20

21

22

23

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

6:00 Int 10
7:05 NEN
9:15 NEN
12:10 NEN
4:00 NEN
5:10 NEN

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

6:00 Int 10
7:05 NEN
9:15 NEN
12:10 NEN
4:00 NEN
5:10 NEN

6:00 R&G

24

25

26

27

28

29

30

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

6:00 Int 10
7:05 NEN
9:15 NEN
12:10 NEN
4:00 NEN
5:10 NEN

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

6:00 Int 10
7:05 NEN
9:15 NEN
12:10 NEN
4:00 NEN
5:10 NEN

6:00 R&G

DECEMBER 2024

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

05

06

07

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

6:00 Int 10
7:05 DD
9:15 DD
12:10 DD
4:00 DD
5:10 DD

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

6:00 Int 10
7:05 DD
9:15 DD
12:10 DD
4:00 DD
5:10 DD

6:00 R&G

08

09

10

11

12

13

14

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

6:00 Int 10
7:05 DD
9:15 DD
12:10 DD
4:00 DD
5:10 DD

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

6:00 Int 10
7:05 DD
9:15 DD
12:10 DD
4:00 DD
5:10 DD

6:00 R&G

15

16

17

18

19

20

21

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

6:00 Int 10
7:05 DD
9:15 DD
12:10 DD
4:00 DD
5:10 DD

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

6:00 Int 10
7:05 DD
9:15 DD
12:10 DD
4:00 DD
5:10 DD

6:00 R&G

January
Registration

22

23

24

25

26

27

28

CLOSED

FOR

CHRISTMAS

HOLIDAYS



29

30

31

CLOSED

FOR

CHRISTMAS

HOLIDAYS

