



Session Dates: January 6th – 31st

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

Registration is open

Thursday, December 19th from 7am – noon

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

Name: _____

Cell # _____

E-mail: _____

| INTENSITY 10 | | RISE & GRIND |
|------------------|-------------------|-----------------|
| TUESDAYS 6:00 AM | THURSDAYS 6:00 AM | FRIDAYS 6:00 AM |
| \$60 | \$60 | \$45 |

| JUMP IN JANUARY! Intensive small-group personal training | | | |
|--|------------------|--------------------|-------------------|
| MONDAY Sessions | TUESDAY Sessions | WEDNESDAY Sessions | THURSDAY Sessions |
| \$100 | \$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 |

OFFICE USE ONLY

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

JANUARY 2025

SUN

MON

TUE

WED

THU

FRI

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11

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

6:00 Int10
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6:00 Int10
7:05 JJ
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12:10 JJ
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6:00 R&G

12

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17

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

6:00 R&G

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

6:00 R&G

**FEBRUARY
REGISTRATION**

26

27

28

29

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31

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

6:00 Int10
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6:00 Int10
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CLOSED