



Session Dates: March 1st – 31st
 Live4Today Studio is located at
 1912 19 Avenue, Wainwright
Registration is open
Thursday, February 20th, 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
\$75	\$60	\$60

MOTIVATION March! Intensive small-group personal training			
Monday Sessions	Tuesday Sessions	Wednesday Sessions	Thursday Sessions
\$125	\$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

6 Week SURGE
March 3 – April 14
\$200
Starts Monday, March 3 at 6:15 pm

OFFICE USE ONLY

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

MARCH 2025

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

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06

07

08

6:00 MM
7:05 MM
9:15 MM
12:10 MM
4:00 MM
5:10 MM
6:15 6WS

6am Int10
7:05 MM
9:15 MM
12:10 MM
4:00 MM
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6:00 MM
7:05 MM
9:15 MM

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

6am R&G

09

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

6am R&G

16

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

6am R&G

APRIL
Registration

23

24

25

26

27

28

29

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

6am Int10
7:05 MM
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6:00 MM
7:05 MM
9:15 MM

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

6am R&G

30

31

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