

DIZONFIT TRAINING STUDIO
Presents Community Online Training
FULL ACCESS PASS: January 2022

ONLINE Training

With Christina Dizon

JANUARY

Mondays

7:15am HIIT Yoga Fusion

Tuesdays

9:30am Full Body Training

8:00pm Evening Vinyasa Yoga

Wednesdays

7:15am Legs & Booty

6:45pm Full Body Training

8:00pm Evening Vinyasa Yoga

Thursdays

9:30am Full Body Training

Fridays

7:15am Arms & Abs

10:00am Gentle Hatha Yoga

Sundays

10:00am Full Body Training

***Indicates New Class Time**

Full Access to Online Community Training

Unlimited Access

\$50 For 1 Week

\$90 For 2 Weeks

\$160 For Full Month