

DIZONFIT TRAINING STUDIO  
Presents Community Online Training  
FULL ACCESS PASS: JANUARY 2021

# ONLINE Training

With Christina Dizon

## JANUARY Online Schedule

### Tuesdays

9:45am Full Body Training  
8:15pm Evening Vinyasa Yoga

### Wednesdays

6:00pm Full Body Training  
8:15pm Evening Vinyasa Yoga

### Thursdays

9:45am Full Body Training

### Fridays

10:00am Gentle Hatha Yoga

### Saturdays

11:00am Roll Out & Stretch  
11:35am Pranayama

### Sundays

10:00am Full Body Training  
11:15am Weekend Vinyasa Yoga

**Full Access to Online Community Training**

Unlimited Access

**\$50** For 1 Week

**\$90** For 2 Weeks

**\$160** For Full Month