

DIZONFIT TRAINING STUDIO  
Presents Community Online Training  
FULL ACCESS PASS: July 2020

# ONLINE Training

With Christina Dizon

## JULY Online Schedule

### Tuesdays

9:45am Full Body Training

8:15pm Yoga

### Wednesdays

6:00pm Full Body Training

8:15pm Yoga

### Thursdays

9:45am Full Body Training

### Fridays

10:00am Gentle Hatha Yoga

### Saturdays

11:00am Yoga

### Sundays

11:00am Full Body Training

**Full Access to Online Community Training**

Unlimited Access

**\$45** For 1 Week

**\$85** For 2 Weeks

**\$150** For Full Month