

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

# ONLINE Training

With Christina Dizon

## NOVEMBER Online Schedule

### Tuesdays

9:30am Full Body Training  
8:15pm Evening Vinyasa Yoga

### Wednesdays

7:00pm Full Body Training  
8:15pm Evening Vinyasa Yoga

### Thursdays

9:30am Full Body Training

### Fridays

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