

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

# ONLINE Training

With Christina Dizon

## OCTOBER Online Schedule

### Tuesdays

9:30am Full Body Training  
4:45pm Kids Yoga (6-9 Years)\*  
6:30pm Full Body Training  
8:15pm Evening Vinyasa Yoga

### Thursdays

9:30am Full Body Training  
4:45pm Kids Yoga (6-9 Years)\*

### Fridays

10:00am Gentle Hatha Yoga

### Sundays

10:00am Full Body Training

\*Indicates NEW Class!

**Full Access to Online Community Training**

Unlimited Access

**\$50** For 1 Week

**\$90** For 2 Weeks

**\$160** For Full Month