

DIZONFIT TRAINING STUDIO
In Studio Semi Private Classes
Begins September 1st, 2020

Semi Private **Classes**

With Christina Dizon



Semi Private **In Studio Schedule**

Full Body Training

Tuesday at 7:00pm

Thursday at 6:00pm

Saturday at 9:15am

Yoga (Yoga is Vinyasa Style unless indicated)

Monday at 8:00pm

Tuesday at 6:00pm

Thursday at 8:00pm

Session Rate

\$45 Drop In

\$200 for 5 Classes

\$360 for 10 Classes

Classes will run at a maximum of 2 clients.

Pre-registration required.

Register on WWW.DIZONFIT.COM.

Or Email: PublicRelations@DIZONFIT.com.

Application or referral by current member is required.