

DIZONFIT TRAINING STUDIO  
Presents Community Online Training  
Week 17: July 7<sup>th</sup> – 12<sup>th</sup>

# ONLINE Training

## With Christina Dizon



### online schedule

#### Full Body Training

Tues, July 7<sup>th</sup> 9:45am  
Wed, July 8<sup>th</sup> 6:00pm  
Thurs, July 9<sup>th</sup> 9:45am  
Sun, July 12<sup>th</sup> 11:00am

#### Yoga (Yoga is Vinyasa Style unless indicated)

Tues, July 7<sup>th</sup> 8:15pm  
Wed, July 8<sup>th</sup> 8:15pm  
Fri, July 10<sup>th</sup> 10:00am (Gentle Hatha)  
Sat, July 11<sup>th</sup> 11:00am

#### Session Rate

\$15 for One Session  
\$25 for Two Sessions  
\$30 for Three Sessions  
\$45 Unlimited Access (for the week)

Join us on ZOOM! **Register on [WWW.DIZONFIT.COM](http://WWW.DIZONFIT.COM)**

Or Email: [PublicRelations@DIZONFIT.com](mailto:PublicRelations@DIZONFIT.com).

Participants will receive a complimentary recorded copy of the session upon request. There is a \$10 Access Fee per recorded