

DIZONFIT TRAINING STUDIO  
Presents Community Online Training  
Week 27: September 15<sup>th</sup> – 20<sup>th</sup>

# ONLINE Training

With Christina Dizon



## online schedule

### Full Body Training

Tues, September 15<sup>th</sup> 9:45am  
Wed, September 16<sup>th</sup> 6:00pm  
Thurs, September 17<sup>th</sup> 9:45am  
Sun, September 20<sup>th</sup> 11:11am

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

Tues, September 15<sup>th</sup> 8:15pm  
Wed, September 16<sup>th</sup> 8:15pm  
Fri, September 18<sup>th</sup> 10:00am (Gentle Hatha)  
Sun, September 20<sup>th</sup> 10:00am

### 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