

DIZONFIT TRAINING STUDIO
Presents Community Online Training
Week 38: December 1st – 6th

ONLINE Training

With Christina Dizon



online schedule

Full Body Training

Tues, December 1st 9:45am
Wed, December 2nd 6:00pm
Thurs, December 3rd 9:45am
Sun, December 6th 10:00am

Yoga (Yoga is Vinyasa Style unless indicated)

Tues, December 1st 8:15pm
Wed, December 2nd 8:15pm
Fri, December 4th 10:00am (Gentle Hatha)
Sun, December 6th 11:11am

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**

Or Email: PublicRelations@DIZONFIT.com.

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