

DIZONFIT TRAINING STUDIO
Presents Community Online Training
Week 50: Feb 23rd – Feb 28th

ONLINE Training

With Christina Dizon



online schedule

Full Body Training

Tues, February 23rd 9:45am

Wed, February 24th 6:00pm

Thurs, February 25th 9:45am

Sun, February 28th 10:00am

Roll Out & Stretch

Sat, February 27th 11:00am

Yoga (Yoga is Vinyasa Style unless indicated)

Tues, February 23rd 8:15pm

Wed, February 24th 8:15pm

Fri, February 26th 10:00am (Hatha)

Sun, February 28th 11:15am

Pranayama (Breath Work)

Sat, February 27th 11:35am

Session Rate

\$10 for One ½ Hour Session

\$20 for One 1-Hour Session

\$30 for Two 1-Hour Sessions

\$40 for Three 1-Hour Sessions

\$50 WEEK UNLIMITED

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 session for non-participants.