

DIZONFIT TRAINING STUDIO
Presents Community Online Training
Week 61: May 11th – May 16th

ONLINE Training

With Christina Dizon



online schedule

Full Body Training

Tues, May 11th 9:45am

Wed, May 12th 7:00pm

Thurs, May 13th 9:45am

Sun, May 16th 10:00am

Vinyasa Yoga

Tues, May 11th 8:15pm

Wed, May 12th 8:15pm

Fri, May 14th 10:00am (Hatha)

Sat, May 15th 11:00am

Session Rate

\$20 for 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](http://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. *Indicates Class/Time Change – Yoga is Vinyasa style unless indicated.