

DIZONFIT TRAINING STUDIO
Presents Community Online Training
Week 71: July 20th – July 25th

ONLINE Training

With Christina Dizon



online schedule

Full Body Training

Tues, July 20th 9:30am
Wed, July 21st 6:30pm
Thurs, July 22nd 9:30am
Sun, July 25th 10:00am

Vinyasa Yoga

Tues, July 20th 8:15pm
Fri, July 23rd 10:00am (Hatha)
Sat, July 24th 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.