

DIZONFIT TRAINING STUDIO
Presents Community Online Training
Week 89: November 23rd – 28th

ONLINE Training

With Christina Dizon



online schedule

Full Body Training

Tues, Nov 23rd 9:30am

Wed, Nov 24th 7:00pm

Thurs, Nov 25th 9:30am

THIS WEEK ONLY:

Sat, Nov 27th 10:00am

Yoga

Tues, Nov 23rd 8:15pm (Vinyasa)

Wed, Nov 24th 8:15pm (Vinyasa)

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

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. 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.