

DIZONFIT TRAINING STUDIO  
Presents Complimentary Online Training

# ONLINE Training

With Christina Dizon



## online schedule

**March 17<sup>th</sup>** 12:30pm Full Body Workout  
1:45pm Fuel with Christina Pina Colada  
Green Smoothie  
6:30pm Evening Yoga

**March 18<sup>th</sup>** 12:30pm HIITT  
1:45pm – Fuel with Christina: Banana Tea  
& Tuna Spinach Salad  
6:30pm – Evening Yoga

**March 19<sup>th</sup>** 12:30pm Lower Body Weight Training  
1:45pm Fuel with Christina: Strawberry Green Smoothie  
6:30pm Evening Yoga

**March 20<sup>th</sup>** 12:30pm Upper Body Weight Training  
1:45pm Fuel with Christina: Avocado Toast  
6:30pm Evening Yoga