



JAANA
Rhythms

BEGINNER WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
3 Core Moves + Tips + Layering	Layering + Signature Moves	Jaana Rhythms Latin	Jaana Rhythms Disco	Jaana Rhythms Hip Hop	Jaana Rhythms Dance Sculpt	Recovery
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Jaana Rhythms Belly Dance	Jaana Rhythms Disco	Jaana Rhythms Hip Hop	Jaana Rhythms Dance Sculpt	Jaana Rhythms Latin	Jaana Rhythms Toning	Recovery