



JAANA
Rhythms

BEGINNER WORKOUT SCHEDULE

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