



JAANA
Rhythms

BASIC WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Jaana Rhythms Latin	Jaana Rhythms Disco	Jaana Rhythms Hip Hop	Jaana Rhythms Dance Sculpt	Jaana Rhythms Belly Dance	Jaana Rhythms Disco	Recovery
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Jaana Rhythms Hip Hop	Jaana Rhythms Dance Sculpt	Jaana Rhythms Latin	Jaana Rhythms Toning	Jaana Rhythms Belly Dance	Jaana Rhythms Dance Sculpt	Recovery
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Jaana Rhythms Disco	Jaana Rhythms Latin	Jaana Rhythms Belly Dance + Dance Sculpt	Jaana Rhythms Toning	Jaana Rhythms Hip Hop	Jaana Rhythms Latin	Recovery
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Jaana Rhythms Belly Dance	Jaana Rhythms Hip Hop	Jaana Rhythms Toning	Jaana Rhythms Latin	Jaana Rhythms Disco + Dance Sculpt	Jaana Rhythms Toning	Recovery