

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