



# JAANA *Rhythms*

## WORKOUT SCHEDULE

Week	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Beginning Measurements + 3 Core Moves + Tips + Layering	Layering + Signature Moves	Jaana Rhythms Latin	Jaana Rhythms Disco	Jaana Rhythms Hip Hop	Jaana Rhythms Dance Sculpt	Recovery
2	Jaana Rhythms Belly Dance	Jaana Rhythms Disco	Jaana Rhythms Hip Hop	Jaana Rhythms Dance Sculpt	Jaana Rhythms Latin	Jaana Rhythms Toning	Recovery
3	Jaana Rhythms Disco	Jaana Rhythms Hip Hop	Jaana Rhythms Toning	Jaana Rhythms Disco	Jaana Rhythms Belly Dance	Jaana Rhythms Dance Sculpt	Recovery
4	Jaana Rhythms Toning	Jaana Rhythms Disco	Jaana Rhythms Hip Hop	Jaana Rhythms Toning	Jaana Rhythms Belly Dance + Jaana Rhythms Dance Sculpt	Jaana Rhythms Latin	Recovery + 4-Week Measurements