

Workout Calendar for Basic

WK 1

Mon- Mark, Moove, & Groove

Tues- MMG & Party Express

Wed - Disco Groove & Hard Core Abs

Thurs - Party Express & Booty Time

Fri - Shaun T's Dance Party & Hard Core Abs

Sat - Party Express & Disco Groove

WK2

Mon - Party Express & Hard Core Abs

Tues - Rock it Out

Wed - Shaun T Dance Party

Thurs - Party Express & Disco Groove

Fri - Shaun T Dance Party

Sat - Booty Time & Rock it Out

WK3

Mon - Party Express & Rock it Out

Tue - Shaun T Dance Party

Wed - Disco Groove & Hard Core Abs

Thur - Booty Time & Rock it Out

Fri - Shaun T Dance Party

Sat - Booty Time & Hard Core Abs

WK4

Mon - Party Express & Hard Core Abs

Tues - Shaun T Dance Party

Wed - Rock it Out & Hard Core Abs

Thurs - Disco Groove & Booty time

Fri - Shaun T Dance Party

Sat - Party Express & Rock it Out