



# Weekly Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Private Lessons  
by Appointment

Private Lessons  
by Appointment  
  
Adult Series  
7:30p-8:15p

Private Lessons  
by Appointment  
  
Waltz With  
Parkinson's  
6:45p-7:30p  
  
Dance Fitness  
7:30-8:15p

Private Lessons  
by Appointment  
  
Adult Drop In  
Group Class  
7:30p-8:15p

Private Lessons  
by Appointment  
  
Adult Drop In  
Group Class  
7:30p-8:15p

Private Lessons  
by Appointment

\*Series/Registered Group Dance Classes

\*Drop-In Group Dance Classes



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AT MOVE THE BEAT, THE HEALTH AND SAFETY OF OUR CLIENTS, STAFF, AND EVERYONE'S FAMILIES COME FIRST. WITH THAT IN MIND WE ARE OFFERING PRIVATE DANCE LESSONS IN THE STUDIO OR ONLINE. GROUP DANCE CLASSES WILL CONTINUE TO BE OFFERED ONLINE.

Move The Beat  
691 Lee St. Des Plaines, IL 60016  
630.476.9535  
Info@MoveTheBeat.com

Hours of Operation  
Monday – Saturday by Appointment  
Sundays Closed

# Move The Beat

## August 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>AT MOVE THE BEAT, THE HEALTH AND SAFETY OF OUR CLIENTS, STAFF, AND EVERYONE'S FAMILIES COME FIRST. WITH THAT IN MIND WE ARE OFFERING PRIVATE DANCE LESSONS AND GROUP CLASSES IN THE STUDIO OR ONLINE.</p>						1
2	3	4 Adult Series 7:30-8:15p	5 Waltz With Parkinson's 6:45-7:30p Dance Fitness 7:30-8:15	6 Drop In Group Class – Foxtrot 7:30-8:15p	7 Drop In Group Class – Salsa 7:30-8:15p	8
9	10	11 Adult Series 7:30-8:15p	12 Waltz With Parkinson's 6:45-7:30p Dance Fitness 7:30-8:15	13 Drop In Group Class – West Coast Swing 7:30- 8:15p	14	15
16	17	18 Adult Series 7:30-8:15p	19 Waltz With Parkinson's 6:45-7:30p Dance Fitness 7:30-8:15	20 Drop In Group Class – Tango 7:30-8:15p	21 Drop In Group Class – Hustle 7:30-8:15p	22
23 30	24	25 Adult Series 7:30-8:15p	26 Waltz With Parkinson's 6:45-7:30p Dance Fitness 7:30-8:15	27 Drop In Group Class – Night Club Two Step 7:30-8:15p	28 Drop In Group Class – Waltz 7:30-8:15p	29

\*Adult Series Group Dance Classes

\*Drop-In Group Dance Classes



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