

Coach Contact Info:

Coach Eric (M-F classes): 713-825-6117

Coach Crystal (M/W classes): 706-726-0438

Coach Carly (Remote): 512-797-5933

November 2025 @ Rec Center**RSB Conroe Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Low Intensity)	4 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High-Moderate Intensity)	5 11:00am-12:15pm (High Intensity) 12:30pm-1:45am (Moderate Intensity) *6:45PM Evening Class	6 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High-Moderate Intensity)	7 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)
10 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Low Intensity)	11 <u>No Classes</u> Rec Closed in Observance of <i>Veteran's Day</i>	12 11:00am-12:15pm (High Intensity) 12:30pm-1:45am (Moderate Intensity) *6:45PM Evening Class	13 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High-Moderate Intensity)	14 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)
17 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Low Intensity)	18 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High-Moderate Intensity)	19 11:00am-12:15pm (High Intensity) 12:30pm-1:45am (Moderate Intensity) *6:45PM Evening Class	20 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High-Moderate Intensity)	21 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)
24 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Low Intensity)	25 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High-Moderate Intensity)	26 <u>No Classes</u> <i>Happy Thanksgiving</i>	27 <u>No Classes</u> <i>Happy Thanksgiving</i>	28 <u>No Classes</u> <i>Happy Thanksgiving</i> <i>(Rec Center Closed)</i>
Dec 1 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Low Intensity)	Dec 2 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High-Moderate Intensity)	Dec 3 11:00am-12:15pm (High Intensity) 12:30pm-1:45pm (Moderate Intensity) *6:45PM Evening Class	Dec 4 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High-Moderate Intensity)	Dec 5 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)

Holidays This Month

1. Veteran's Day – Tuesday, 11/11 – No Classes
2. Thanksgiving Holidays – 26th- 28th – No Classes

Events this Month

1. Tuition due by Monday, November 10th
2. Classes at the Rec Center til further notice