

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

March 2026**RSB Conroe Schedule**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 2 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class | 3 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int) | 4 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class | 5 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:00pm (Boxing Skills Class) | 6 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) |
| 9 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class | 10 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int) | 11 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class | 12 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity) | 13 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) |
| 16 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class | 17 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int) | 18 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class | 19 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:00pm (Boxing Skills Class) | 20 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) |
| 23 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class | 24 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int) | 25 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class | 26 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity) | 27 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) |
| 30 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class | 31 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int) | April 1 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class | April 2 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:00pm (Boxing Skills Class) | April 3 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) |

Holidays This Month

None

Events this Month

1. Tuition due by Tuesday, March 10th