

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

April 2026**RSB Conroe Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	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)	3 Holiday! Good Friday! No Class!
6 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class	7 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	8 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	10 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity)	11 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)
13 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class	14 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	15 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	16 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:00pm (Boxing Skills Class)	17 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)
20 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class	21 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	22 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	23 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity)	24 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)
27 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class	28 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	29 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	30 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity)	May 1 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)

Holidays This Month

1. Good Friday April 3rd

Events this Month

1. Tuition due by Friday, April 10th