

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

June 2026**RSB Conroe Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class	2 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	3 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	4 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:00pm (Boxing Skills Class)	5 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)
8 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class	9 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	10 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	11 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity)	12 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)
15 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class	16 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	17 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	18 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity) 2:30pm-1:00pm (Boxing Skills Class)	19 Juneteenth No Class! & Happy Father's Day!!
22 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class	23 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	24 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	25 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity)	26 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)
29 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class	30 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	July 1 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	July 2 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity) 2:30pm-1:00pm (Boxing Skills Class)	July 3 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)

Holidays This Month

1. Juneteenth Friday June 19th

Events this Month

1. Tuition due by Wednesday, June 10th