

Coach Contact Info:

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

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

Coach Carly (Remote): 512-797-5933

Coach Jen Tu & Th: 337-298-9839

August 2026**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 (Chair - Low Intensity) *6:45PM Evening Class	4 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	5 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	6 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low 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 (Chair - Low Intensity) *6:45PM Evening Class	11 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	12 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	13 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low 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 (Chair - Low Intensity) *6:45PM Evening Class	18 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	19 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	20 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:00pm (Boxing Skills Class)	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 (Chair - Low Intensity) *6:45PM Evening Class	25 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	26 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	27 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity)	28 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)
31 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) 1:15pm-2:30pm (Chair - Low Intensity) *6:45PM Evening Class	1 Sept 10:00am-10:45am (Hi-Fi Class) 11:00am-12:15pm (Low Intensity) 12:30pm-1:45pm (High/Moderate Int)	2 Sept 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity) *6:45PM Evening Class	3 Sept 10:00am-10:45am (I.M.P.A.C.T. Class) 11:00am-12:15pm (Low Intensity)	4 Sept 10:00am-11:15am (High Intensity) 11:30am-12:45pm (Moderate Intensity)

Holidays This Month

None

Events this Month

1. Tuition due by Tuesday, July 11th