

Contact Information

YOGA

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MARTIAL ARTS

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FITNESS

Phone: **832-878-2265**

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Address: 3807 Louetta Rd, Spring, TX, 77388

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM Adult Yoga	8:00 AM Kids Yoga	8:00 AM Adult Yoga	8:00 AM Kids Yoga	See Calendar	8:00 AM Adult Yoga
9:00 AM Mommy & Me Yoga	9:00 AM Adult Yoga	9:00 AM Mommy & Me Yoga	9:00 AM Adult Yoga		See Calendar
5:45 PM Kuk Sool Beginner Juniors	5:30 PM Li'l Warriors	5:45 PM Kuk Sool Beginner Juniors	5:30 PM Li'l Warriors	See Calendar	See Calendar
6:30 PM Kuk Sool Advanced Juniors	6:00 PM Kuk Sool Advanced Juniors	6:30 PM Kuk Sool Advanced Juniors	6:00 PM Kuk Sool Advanced Juniors		
7:15 PM HIIT/Strength Adult/Teens	6:45 PM Kuk Sool Beginner Juniors	7:15 PM HIIT/Strength Adult/Teens	6:45 PM Kuk Sool Beginner Juniors		
8:00pm Kickboxing Adults/Teens	7:30 PM Kuk Sool Adults/Teens	8:00pm Kickboxing Adults/Teens	7:30 PM Kuk Sool Adults/Teens		

What are we about?

-Family -Discipline -Respect -Fitness -Performance At School/Work -Self Esteem -Confidence -Fun

Now come check us out!

*Valid From 9/1/19 To 12/31/19