



# Special Strong FunFit CLASSES SPRING

## 2024 | MAR, APR, MAY



### Kickboxing

**SATURDAY 10:00am**

Anytime Fitness  
4420 W. Main St.  
League City, TX 77573

**TUESDAY 7:30pm**

Anytime Fitness  
4420 W. Main St.  
League City, TX 77573

**WEDNESDAY 7:30pm**

Anytime Fitness  
4420 W. Main St.  
League City, TX 77573

### Bounce

**TUESDAY 6:00pm**

Jumping World  
100 Gulf Fwy. N.  
League City, TX 77573

\*\*\* Coming Soon\*\*\*

**WEDNESDAY 5:00pm**

Jumping World  
100 Gulf Fwy. N.  
League City, TX 77573

**THURSDAY 6:00pm**

Jumping World  
100 Gulf Fwy. N.  
League City, TX 77573

### Dance

**TUESDAY 6:30pm**

Leavesley Park  
Jones Hangar  
901 Buckingham Drive  
Friendswood, TX 77546

### Boot Camp

#### ATHLETICS

**SATURDAY 11:00am**

Anytime Fitness  
4420 W. Main St.  
League City, TX 77573

**SATURDAY 1:00pm**

Anytime Fitness  
4420 W. Main St.  
League City, TX 77573

**MONDAY 7:30pm**

Anytime Fitness  
4420 W. Main St.  
League City, TX 77573

NEW

**WEDNESDAY 12:00pm**

Anytime Fitness  
4420 W. Main St.  
League City, TX 77573

#### FUNDAMENTALS

**SATURDAY 12:00pm**

Anytime Fitness  
4420 W. Main St.  
League City, TX 77573

NEW

**MONDAY 10:00am**

Anytime Fitness  
4420 W. Main St.  
League City, TX 77573

**WEDNESDAY 11:00am**

Anytime Fitness  
4420 W. Main St.  
League City, TX 77573

### Movement & Mobility

**WEDNESDAY 6:30pm**

Leavesley Park Jones Hangar  
901 Buckingham Dr.  
Friendswood, TX 77546

\*\*\* Coming this Summer\*\*\*

**THURSDAY 6:30pm**

Leavesley Park Jones Hangar  
901 Buckingham Dr.  
Friendswood, TX 77546

### Adaptive Aquatic Fitness

\*\*\* Starting April 1\*\*\*

**MONDAY 4:15pm**

Hometown Heroes Park  
1001 E. League City Pkwy.  
League City, TX 77573

\*\*\* Starting June 3\*\*\*

**WEDNESDAY 4:00pm**

Stevenson Park Pool  
Friendswood, TX 77546



**Mike Lutey** Office: 832.856.0158

Owner & Adaptive Fitness Trainer

You must register to participate.

<http://www.specialstrong.com/southeast-houston-tx/registration/>

