TITLE Boxing Club Milford
169 Cherry Street • Milford CT
203-693-3838
www.titleboxingclub.com

Hours of Operation
M-TH: 5 am - 9 pm
FRI: 5 am - 8 pm
SAT: 7:30 am - 1 pm
SUN: 8:30 am - 12:30 pm

Please connect with us on Social Media for up to date info

WEEK of AUGUST 24 — AUGUST 30, 2015

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	24	25	26	27	28	29	30
Morning							
5:30 AM	T-60 BOXING MIKE B	T-60 KICKBOXING RAY	T-60 BOXING JONATHAN	T-60 BOXING NORBERTO	T-60 KICKBOXING MIKE B		
6:45 AM	T-30 KICKBOXING MIKE B				T-30 BOXING MIKE B		
8:00 AM						T-60 KICKBOXING MIKE B	
9:00 AM							T-60 KICKBOXING MIKE B
9:15 AM	T-60 BOXING NORBERTO	T-60 KICKBOXING RAY	T-60 BOXING BRETT	T-60 KICKBOXING RAY	T-60 BOXING BRETT		
9:30 AM						T-60 BOXING NORBERTO	
10:30 AM							T-60 BOXING JONATHAN
11:00 AM						T-60 BOXING JONATHAN	
Afternoon							
12:00 PM	T-60 BOXING JONATHAN	T-60 BOXING MIKE	T-60 BOXING MIKE	T-60 BOXING BRETT	T-60 BOXING RAY		
3:30 PM							
4:30 PM	T-60 KICKBOXING RAY	T-60 BOXING BRETT	T-60 KICKBOXING KRISSY	T-60 BOXING MIKE	T-60 KICKBOXING MIKE B		
Evening							
5:45 PM	T-60 DIRTY BOXING JONATHAN	T-60 KICKBOXING NORBERTO	T-60 BOXING JONATHAN				
6:00pm				T-60 DIRTY BOXING NORBERTO	T-60 BOXING JONATHAN		
7:00pm	T-60 KICKBOXING MIKE B	T-60 BOXING JONATHAN	T-60 KICKBOXING MIKE B				
7:15pm				T-60 BOXING MIKE B			

For additional class schedule information;
Please contact TITLE Boxing Club : 203-693-3838
FIRST SHOT FREE - Bring a Buddy to TITLE Boxing Club Milford!
Suggestions, Comments or Questions?
Please submit feedback at the front desk. We value your opinion!

INTRODUCING - Power Hour Fundamentals
Designed to acclimate members to the Power Hour format, focusing on proper form and technique. Highly recommended to all so you can get the most out of your Power Hour and punch your way to health!