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

Holiday Schedule
CLOSED Christmas & Easter
Saturday OR Sunday Schedule runs for:
Memorial Day, Fourth of July, Labor Day,
Thanksgiving Eve/Day, Christmas Eve,
New Years Eve, & New Years Day

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

Please connect with us on Social Media for up to date info; including weather related delays or cancellations and changes.

WEEK of July 25 — July 31, 2016

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	25	26	27	28	29	30	31
Morning							
5:30 AM	60 BOXING MIKE B	60 BOXING JONATHAN	60 BOXING GREG	60 KICKBOXING ZACH	60 KICKBOXING ZACH/PIERRE		
6:45 AM	30 KICKBOXING MIKE B				30 BOXING ZACH/PIERRE		
8:00 AM						60 KICKBOXING MIKE B	
9:00 AM							60 BOXING JESSE
9:15 AM	60 BOXING MIKE B	60 KICKBOXING CHERI	60 BOXING GREG	60 KICKBOXING MIKE B	60 BOXING GREG		
9:30 AM						60 BOXING GREG	
10:30 AM							60 BOXING GREG
11:00 AM						60 BOXING JESSE	
Afternoon							
12:00 PM	60 KICKBOXING CHERI	60 BOXING MIKE	60 BOXING MIKE	60 BOXING MIKE B	60 BOXING JESSE		
4:30 PM	60 BOXING MIKE	60 BOXING JONATHAN	60 KICKBOXING ZACH	60 KICKBOXING CHERI	60 BOXING JONATHAN		
Evening							
5:45 PM	60 BOXING JONATHAN	60 KICKBOXING MIKE B	60 BOXING GREG				
6:00pm				60 BOXING JONATHAN	60 BOXING JONATHAN		
7:00pm	60 KICKBOXING JESSE	60 BOXING HECTOR	60 BOXING JONATHAN				
7:15pm				60 BOXING HECTOR			

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!