



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 May 8, 2017 — May 14, 2017

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	15	16	17	18	19	20	21
Morning							
5:30 AM	60 BOXING COSTA	60 BOXING ZACH	60 BOXING COSTA	60 KICKBOXING EMILY	60 KICKBOXING PIERRE		
6:45 AM	30 KICKBOXING COSTA				30 BOXING PIERRE		
8:00 AM						60 KICKBOXING EMILY	
9:00 AM							60 BOXING MIKE M
9:15 AM	60 BOXING MOE	60 KICKBOXING COSTA	60 BOXING MOE	60 KICKBOXING COSTA	60 BOXING MOE		
9:30 AM						60 BOXING PIERRE	
10:30 AM							60 BOXING JESSE
11:00 AM						60 BOXING JONATHAN	
Afternoon							
12:00 PM	60 BOXING NICK	60 BOXING MIKE	60 BOXING MIKE	60 BOXING NICK	60 KICKBOXING JESSE		
4:30 PM	60 BOXING JONATHAN	60 BOXING MOE	60 KICKBOXING MIKE B	60 BOXING MOE	60 BOXING JONATHAN		
Evening							
5:45 PM	60 BOXING MOE	60 KICKBOXING COSTA	60 BOXING JONATHAN				
6:00pm				60 KICKBOXING JESSE	60 BOXING MOE		
7:00pm	60 KICKBOXING JESSE	60 BOXING JONATHAN	60 KICKBOXING JESSE				
7:15pm				60 BOXING JONATHAN			

For additional class schedule information;
 Please contact TITLE Boxing Club : 203-693-3838
TRIAL CLASS - 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!