



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
TEXT: 203-693-3838
CALL: 203-701-6100
 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 March 11, 2019 — March 17, 2019

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	11	12	13	14	15	16	17
5:30 AM	60 BOXING CAREW	60 KICKBOXING GREG	60 BOXING CAREW	60 KICKBOXING GREG	60 BOXING CAREW		
6:45 AM	30 BOXING CAREW				30 BOXING CAREW		
8:00 AM						60 KICKBOXING EMILY	
9:00 AM							60 BOXING CAREW
9:15 AM	60 BOXING MOE	60 KICKBOXING JAMES	60 BOXING MOE	60 KICKBOXING EMILY	60 BOXING MOE	60 TITLE KIDS WORKOUT 9:30	
9:30 AM						60 BOXING JAMES	
10:30 AM			60 ROCK STEADY PARKINSONS 10:30		60 ROCK STEADY PARKINSONS 10:30		60 BOXING JESSE
11:00 AM						60 BOXING MOE	
Afternoon							
12:00 PM	60 BOXING MOE	60 KICKBOXING JAMES	60 BOXING MOE	60 KICKBOXING GREG	60 BOXING MOE	45 STRENGTH SIGN UP REQ JAMES	60 ROCK STEADY PARKINSONS 12:00
4:30 PM	60 BOXING MOE	60 KICKBOXING EMILY	60 BOXING JAMES	60 BOXING CAREW	60 BOXING MOE		
Evening							
5:45 PM	60 BOXING CAREW	60 BOXING CAREW	60 BOXING JESSE				
6:00pm				60 KICKBOXING JAMES	60 BOXING JAMES		
7:00pm	60 KICKBOXING JAMES	60 BOXING CAREW	60 KICKBOXING JAMES				
7:15pm			*9:00 PM* 45 MMA SIGN UP REQ ZACH	60 BOXING JAMES			