



**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 April 15, 2019 — April 21, 2019**

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	15	16	17	18	19	20	21
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							CLOSED
9:15 AM	60 BOXING MOE	60 KICKBOXING JAMES	60 BOXING MOE	60 KICKBOXING EMILY	60 BOXING JESSE	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		HAPPY EASTER!
11:00 AM						60 BOXING MOE	
<b>Afternoon</b>							
12:00 PM	60 BOXING MOE	60 KICKBOXING JAMES	60 BOXING MOE	60 KICKBOXING GREG	60 BOXING MOE		
4:30 PM	60 BOXING MOE	60 BOXING EMILY	60 BOXING JAMES	60 BOXING CAREW	60 BOXING MOE		
<b>Evening</b>							
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			*8:15 PM* 60   MMA SIGN UP REQ ZACH	60 BOXING JAMES			