



**Hours of Operation**  
 M-TH: 8:45 am - 8:30 pm  
 FRI: 8:45 am - 6 pm  
 SAT: 7:30 am - 12:30 pm  
 SUN: 8:30 am - 12:30 pm

**TITLE Boxing Club Milford**  
 169 Cherry Street • Milford CT  
**TEXT: 203-693-3838**  
**CALL: 203-701-6100**  
 www.titleboxingclub.com



**IN CLUB WORKOUTS**

**VIRTUAL ZOOM WORKOUTS**

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

Please connect with us on  
**Social Media for up to date info;**  
 including weather related delays or

**WEEK of February 22, 2021 — February 28, 2021 (ZOOM & IN CLUB WORKOUTS)**

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	22	23	24	25	26	27	28
5:30 AM		60 KICKBOXING AIDAN	60 BOXING PIERRE	60 KICKBOXING AIDAN			
7:30 AM							
8:00 AM						60 KICKBOXING AIDAN	
9:00 AM							60 BOXING ZACH
9:15 AM	60 BOXING AIDAN		60 BOXING PIERRE		60 BOXING JHULENTY		
9:30 AM						60 BOXING MUSTAFA	
10:30 AM			60 ROCK STEADY PARKINSONS 10:30		60 ROCK STEADY PARKINSONS 10:30		1030 BOXING JHULENTY
11:00 AM						60 BOXING CHRIS	
<b>Afternoon</b>							
12:00 PM		60 KICKBOXING JHULENTY		60 BOXING AIDAN			60 ROCK STEADY PARKINSONS 12:00
2:00 PM							
4:30 PM	60 BOXING JEREMY	60 KICKBOXING AIDAN	60 BOXING JHULENTY	60 BOXING JEREMY	60 BOXING MUSTAFA		
<b>Evening</b>							
5:45 PM							
6:00 PM			60 BOXING CHRIS				
6:30 PM	60 BOXING JHULENTY						
7:00pm		60 BOXING JEREMY		60 KICKBOXING CHRIS			
7:15 PM			45 BOXING MUSTAFA				