TITLE BOXING CLUB

ALL WORKOUTS ONLINE AS WELL

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

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

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

WEEK of June 7, 2021 — JUNE 13, 2021 (ZOOM & IN CLUB WORKOUTS)

Time	Mon 7	Tues 8	Wed 9	Thurs 10	Fri 11	Sat 12	Sun 13
5:30 AM		60 BOXING ANGELA	60 BOXING ANGELA	60 KICKBOXING AIDAN			
7:30 AM							
8:00 AM						60 KICKBOXING JEREMY	
9:00 AM							60 BOXING ZACH
9:15 AM	60 BOXING ANGELA		60 BOXING PIERRE		60 BOXING MUSTAFA		
9:30 AM						60 BOXING MUSTAFA	
10:30 AM			60 ROCK STEADY PARKINSONS 10:30		60 ROCK STEADY PARKINSONS 10:30	TITLE KIDS 9:30	1030 BOXING BJ
11:00 AM						60 BOXING CHRIS	
Afternoon							
12:00 PM		60 BOXING AIDAN		60 KICKBOXING AIDAN			60 ROCK STEADY PARKINSONS 12:00
2:00 PM							
4:30 PM	60 BOXING MUSTAFA	60 KICKBOXING BJ	60 BOXING MUSTAFA	60 BOXING BJ	60 BOXING PIERRE		
Evening							
5:45 PM							
6:00 PM		TITLE KIDS 6:00	60 BOXING CHRIS	TITLE KIDS 6:00			
6:30 PM	60 BOXING BJ						
7:00pm		60 BOXING JEREMY		60 KICKBOXING CHRIS			
7:15 PM			60 BOXING BJ				