



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

**ALL WORKOUTS
 ONLINE AS WELL**

WEEK of AUGUST 30, 2021 — SEPTEMBER 5, 2021 (ZOOM & IN CLUB WORKOUTS)

Time	Mon 30	Tues 31	Wed 1	Thurs 2	Fri 3	Sat 4	Sun 5
5:30 AM		60 BOXING AIDAN	60 BOXING PIERRE	60 KICKBOXING MIKE			
7:30 AM							
8:00 AM						60 KICKBOXING AIDAN	
9:00 AM							60 BOXING ZACH
9:15 AM	60 BOXING MIKE		60 BOXING BJ		60 BOXING AIDAN		
9:30 AM						60 BOXING CHRIS	
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 MIKE			60 ROCK STEADY PARKINSONS 12:00
2:00 PM							
4:30 PM	60 BOXING AIDAN	60 KICKBOXING BJ	60 BOXING ANNA	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 KICKBOXING BJ				