



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.titleboxinclub.com



**ALL WORKOUTS
 ONLINE AS WELL**

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 NOVEMBER 29, 2021 — DECEMBER 5, 2021 (ZOOM & IN CLUB WORKOUTS)

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	29	30	1	2	3	4	5
5:30 AM		60 BOXING AIDAN	60 BOXING AIDAN	60 BOXING PIERRE			
7:30 AM							
8:00 AM						60 KICKBOXING JEREMY	
9:00 AM							60 BOXING ZACH
9:15 AM	60 BOXING ZACK K		60 BOXING BJ		60 BOXING ZACK K		
9:30 AM						60 BOXING ZACK K	
10:30 AM			60 ROCK STEADY PARKINSONS 10:30		60 ROCK STEADY PARKINSONS 10:30	TITLE KIDS JEREMY 9:30	1030 BOXING BJ
11:00 AM						60 BOXING JEREMY	
Afternoon							
12:00 PM		60 BOXING MIKE		60 BOXING MIKE			60 ROCK STEADY PARKINSONS 12:00
2:00 PM							
4:30 PM	60 BOXING ANNA	60 KICKBOXING BJ	60 BOXING ANNA	60 KICKBOXING BJ	60 BOXING PIERRE		
Evening							
5:45 PM							
6:00 PM		TITLE KIDS BJ/JEREMY 6:00	60 BOXING CHRIS	TITLE KIDS BJ/JEREMY 6:00			
6:30 PM	60 BOXING BJ						
7:00pm		60 BOXING JEREMY		60 BOXING JEREMY			
7:15 PM							