



Hours of Operation
 M/W: 8:45 am - 8:30 pm
 T/TH: 11:30 am - 8:30 pm
 FRI: 8:45 am - 6 pm
 SAT: 7:30 am - 12:30 pm

Holiday Schedule
 CLOSED Christmas & Easter
 Modified 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.titleboxinclub.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 JUNE 13, 2022 — JUNE 19, 2022 (ZOOM & IN CLUB WORKOUTS)

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	13	14	15	16	17	18	19
5:30 AM		60 BOXING TANNER	60 BOXING PIERRE	60 BOXING MIKE			
7:30 AM							
8:00 AM						60 KICKBOXING AIDAN	
9:00 AM							60 BOXING MARCO/ZACH
9:15 AM	60 BOXING MIKE/MARCO		60 BOXING MIKE		60 BOXING MIKE		
9:30 AM						60 BOXING TANNER	
10:30 AM			60 ROCK STEADY PARKINSONS 10:30		60 ROCK STEADY PARKINSONS 10:30	TITLE KIDS RED 9:30	1030 BOXING BJ
11:00 AM						60 BOXING ANTONIO/TANNER	
Afternoon							
12:00 PM		60 BOXING MARCO/MIKE		60 BOXING MARCO/MIKE			60 ROCK STEADY PARKINSONS 12:00
2:00 PM							
4:30 PM	60 BOXING ANNA	60 KICKBOXING BJ	60 BOXING TANNER/ANTONIO	60 KICKBOXING TANNER	60 BOXING ANTONIO/TANNER		
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			60 KICKBOXING MARCO/TANNER				