

Hours of Operation

M/W: 9-10:30am; 4pm-8pm
 T/TH: 11:30am - 1pm; 4pm - 8pm
 FRI: 9 - 11:30am; 4 - 6pm
 SAT: 8am - 12pm
 SUN: 8:30am - 10:30am

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
TEXT: 203-590-8532
CALL: 203-701-6100



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

WEEK of March 30, 2026 — April 5, 2026

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	30	31	1	2	3	4	5
5:30 AM		45 BOXING ZACH	45 BOXING MANNY	45 BOXING ZACH			
8:00 AM						60 BOXING ANTHONY	
8:30 AM						45 STRENGTH MICHAEL	
8:45 AM							Closed
9:15 AM	60 BEGINNER BOXING ANTHONY		60 BOXING MICHAEL		60 BOXING ANTHONY		Happy
9:30 AM						60 BOXING MELISSA	EASTER!
10:30 AM			60 ROCK STEADY PARKINSONS 10:30		60 ROCK STEADY PARKINSONS 10:30	TITLE YOUTH ANTHONY 9:30	
11:00 AM		45 STRENGTH MICHAEL				60 BOXING CHRIS	
Afternoon							
12:00 PM		60 BOXING MICHAEL		60 BOXING MICHAEL			
2:00 PM							
4:30 PM	60 BEGINNER KICKBOXING ANTHONY	60 BOXING CHRIS	60 BOXING ANTHONY	60 BOXING CHRIS	60 BEGINNER BOXING MICHAEL		
Evening							
5:30 PM							
6:00 PM		TITLE YOUTH ELI 6:00	60 BOXING MANNY	TITLE YOUTH ELI 6:00			
6:30 PM	60 BOXING CHRIS		45 @ 6PM STRENGTH MICHAEL				
7:00pm		60 KICKBOXING ELI		60 KICKBOXING ELI			
7:15 PM			60 BOXING MANNY				