



**Hours of Operation**  
 M/W/F: 9 - 10:30am; 4 - 8pm  
 T/TH: 11:30am - 1pm; 4 - 8pm  
 SAT: 8am - 12pm  
 SUN: 8:30 am - 11:30 pm

**Holiday Schedule**  
 CLOSED Christmas & Easter  
 Modified schedule runs for:  
 Memorial Day, Fourth of July, Labor Day,  
 Thanksgiving Eve/Day, Christmas Eve,

**ELEVATE Boxing Club**  
 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 cancellations and changes.

**WEEK of October 6, 2025 — October 12, 2025**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	6	7	8	9	10	11	12
5:30 AM		45 BOXING 5:30am	45 BOXING 5:30am	45 BOXING 5:30am			
8:00 AM						60 BOXING & STRENGTH 8am	
8:30 AM							60 BOXING 8:30am
8:45 AM							
9:15 AM	60 BOXING 9:15am		60 BOXING 9:15am		60 BOXING 9:15am		
9:30 AM						60 BOXING 9:30am	45 @ 945am BOXING 9:45am
10:30 AM			60 ROCK STEADY PARKINSONS 10:30		60 ROCK STEADY PARKINSONS 10:30	YOUTH BOXING 9:30	60 ROCK STEADY PARKINSONS 10:30
11:00 AM						60 BOXING 11am	
<b>Afternoon</b>							
12:00 PM		60 BOXING 12pm		60 BOXING 12pm			
4:30 PM	60 BOXING 4:30pm	60 BOXING 4:30pm	60 BOXING & STRENGTH 4:30pm	60 KICKBOXING 4:30pm	45 KICKBOXING 4:30pm		
<b>Evening</b>							
5:30 PM							
6:00 PM		YOUTH BOXING 6:00	60 BOXING 6pm	YOUTH BOXING 6:00			
6:30 PM	45 BOXING 6:30pm						
7:00pm		60 KICKBOXING 7pm		60 BOXING 7pm			
7:15 PM			45 BOXING 7:15pm				