

FX SELF DEFENSE

WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30pm Franklin Adv. Youth BJJ*	9am Sylva Muay Thai KB		5:45pm Sylva Krav Maga	12pm Franklin Boxing	10am Sylva Youth BJJ 5-7 YR	
5:30pm Franklin Women Only*	5:45pm Franklin Youth BJJ 8-15 YR	5:15pm Sylva Youth Muay thai KB 8-13 YR	6:45pm Sylva Brazilian JiuJitsu	5:15pm Franklin Youth BJJ 5-7 YR	10:30am Sylva Youth BJJ 8-10 YR	
Muay Thai KB (6:00pm Sylva)	5:45pm Sylva Krav Maga		5:45pm Franklin Krav Maga	5:45pm Franklin Youth BJJ 8-15 YR	11:20am Sylva Youth BJJ 11-15 YR	
6:45pm Franklin Brazilian JiuJitsu	6:45pm Sylva Brazilian JiuJitsu	6:00pm Sylva Muay Thai KB	6:45pm Franklin Muay Thai KB	5:45pm Sylva Muay Thai KB	12:20pm Sylva Krav Maga	
	6:45pm Franklin Krav Maga	7:00pm Sylva Striking Member Only Sparring Open Gym		6:45pm Sylva Brazilian JiuJitsu	10:00am Franklin 1:30pm Sylva Member Only Open Mat	
	7:45pm Franklin Muay Thai KB			6:45pm Franklin Brazilian JiuJitsu		

*This class meets twice per month, check about scheduling

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