

SILVERBACK FITNESS

GYM • MARTIAL ARTS • SELF DEFENSE • WELLNESS

gym & martial arts schedule

temporary schedule - updated 10.01.2026

time/day	monday	tuesday	wednesday	thursday	friday	saturday
6a	Over 40 Cave Training <i>*By appointment</i>		Over 40 Walk/Ruck <i>*By appointment</i>		Over 40 Cave Training <i>*By appointment</i>	
9a						
10a						Cave Training
11a						Krav Maga Japanese Ju-Jitsu 11:00-1:00
12p						Krav Maga Japanese Ju-Jitsu 11:00-1:00
1p						
2p						
3p						
4p						
5p	MAC (Martial Arts Conditioning)	KIDS Boxing	Cave Training	KIDS Boxing	Cave Training	
6p	Japanese Ju-Jitsu	Krav Maga-All levels	Krav Maga-All levels	Japanese Ju-Jitsu	Krav Maga-Weapons	
7p	Krav Maga-All levels	Krav Maga-All levels	Krav Maga-All levels	Krav Maga-All levels		

KEY: Silverback Fitness Classes **Quiet Beast Krav Maga & Japanese Jiu-Jitsu**

schedule subject to change | please arrive 10 minutes prior to class time | www.silverbackfe.com | info@silverbackfe.com | 910-322-4800

☐ = reserved for personal training, private group training, clinics & workshops