None of you should fast on Friday, unless he fasts a day before it or a day after it

Abu Hurayrah (may Allah be pleased with him) reported: I heard the Messenger of Allah (may Allah's peace and blessings be upon him) say: "None of you should fast on Friday, unless he fasts a day before it or a day after it."

[Authentic hadith] [Narrated by Bukhari & Muslim]

The Prophet (may Allah's peace and blessings be upon him) forbade fasting on Friday, except when being coupled with fasting a day before it or a day after it, or when it is part of a regular fast.

http://www.sunnah.global/hadeeth/en/show/4449