

Mission MMA & Fitness Wellness Week Schedule

Monday, April 22

5:30pm Muay Thai

Thursday, April 25

5:30pm Brazilian Jiu Jitsu no-gi

6:30pm Muay Thai

7:30pm Brazilian Jiu Jitsu gi

Saturday, April 27

9:30am -11:30am Kids' Muay Thai and Brazilian Jiu Jitsu

10:30am Women's Brazilian Jiu Jitsu

11:30am Muay Thai

12:30pm Brazilian Jiu Jitsu gi