

LYCAN'S DEN MMA

Adult Programs



Adult BJJ Fundamentals

Made popular by the world of Mixed Martial Arts, Brazilian Jiu Jitsu has been named one of the most effective martial arts in the world today. It promotes the principle that a smaller, weaker person using leverage and proper technique can successfully defend themselves against a bigger, stronger assailant. Brazilian Jiu-Jitsu has countless positive benefits for adults. A few of these include self-defense, fitness, weight-loss, confidence building, stress relief, and community. Our Adult BJJ Fundamentals program is designed for anyone ages 13 years old and up. During this class, the coaches teach and refine the foundation movements and techniques of Brazilian Jiu-Jitsu. This class is also frequented by more advanced martial artists looking to refresh and sharpen up on certain techniques. If you are new to the sport and are wanting to try BJJ out for the first time, then this program is for you! These classes are held on Mondays and Wednesdays from 5:30-6:30 pm and are taught by various instructors who specialize in their own techniques!



Adult BJJ Advanced

Our Adult BJJ Advanced program is designed for everyone who understands the fundamentals of Brazilian Jiu-Jitsu. During these classes, the coaches will demonstrate a variety of more advanced techniques that will then be practiced and applied throughout the class. Anyone ages 13 years and up are welcome to attend. This program is held on Mondays, Wednesdays, and Fridays from 6:30-7:30 pm.



Adult BJJ Competition

Our Adult BJJ Competition program focuses more on the competitive aspects of Brazilian Jiu-Jitsu. These classes are designed for serious athletes and competitors. During this class, we focus more on drilling techniques, take-downs, and sparring. If you are looking to get into the more competitive side of BJJ, then this is the program for you! Anyone ages 13 years and up are welcome to attend. This program is held on Tuesdays and Thursdays from 6:30-7:30 pm as well as Mondays, Wednesdays, and Fridays from 11:00-12:00 pm. They are also held on Saturdays from 12:00-1:00 pm.



Women's Only BJJ

During our Women's Only Brazilian Jiu-Jitsu program, our female students have the opportunity to feel supported in learning the same material as the rest of our adult fundamental classes in a comfortable environment designed for women. The female empowerment in this class is to provide all ladies; regardless of experience, a safe space to be expansive and creative in their technique. Building confidence for new women to try jiu jitsu for the first time and integrate into the adult fundamentals class, along with being an engaging class for developing mobility and combative skills for training consistency. We are proud to be the only gym in the Champaign-Urbana area that has a women's only program that is taught by women themselves! All girls ages 6 and up are welcome to attend. This is a no-gi class that is held on Fridays from 5:30-6:30 pm.



Wrestling

Our wrestling program focuses on transitions, takedowns, and pinning concepts. These classes are designed to sharpen your wrestling skills and incorporate the variety of takedowns into your Brazilian Jiu-Jitsu game. All experience levels are welcome and anyone ages 6 years and up can join. These classes are held on Mondays from 7:30-8:30 pm.



Cardio Kickboxing

Our Cardio Kickboxing program focuses on the fundamentals of Boxing, Kickboxing, and Muay Thai all while getting a great cardio workout in! You will learn kicks, punches, knees, elbows, defense, and counters. These classes will keep you on your toes - covering a wide variety of exercises such as interval training, jump roping, core strength drills, and both aerobic and aerobic conditioning. If you want to learn self-defense, sharpen your striking skills, or add more cardio into your daily routine, then this is the program for you! All experience levels are welcome and anyone ages 13 years and up can join. These classes are always held on Tuesdays and Thursdays from 5:30-6:30 pm.



Muay Thai

Our Muay Thai program is designed for members to apply techniques to real-time drills, learn fighting strategies, and experience live sparring. During these classes, the coaches will teach you a variety of different combinations, techniques, and drills. All experience levels are welcome and anyone ages 13 years and up can join. These classes are held on Tuesdays and Thursdays from 7:30-8:30 pm and on Saturdays from 11:00-12:00 pm.



MMA

Our MMA program is designed for serious fighters. During these classes, you will learn how to incorporate striking and grappling. They include a warm-up, techniques, sparring, and conditioning. We believe that no fighter should step into the cage unless they are fully prepared. Our MMA program will get you in the best shape of our life, along with having solid techniques that will prepare you for the next win. Throughout the year, our fight team goes through 8 week long fight camps to prepare them for upcoming bouts. We have both amateur and professional MMA fighters on our team who want to see you succeed! Join the Lycans to start your MMA journey today!



Boxing

Our Boxing program is designed for anyone ages ten and up in the beginner to intermediate level. During these classes, you will learn basic boxing combinations, head movement, footwork, and defense and counters. It will be solely focused on technique with no sparring involved. These classes will be held on Mondays and Wednesdays from 6:30-7:30 pm. They're taught by our very own professional bare knuckle boxer, Stevo Morris!



Unlimited

Our Unlimited program is designed for anyone who wants to participate in all of the adult programs that we offer! It is all-inclusive, meaning, you're welcome to join class anytime the gym is open! With this program, you have unlimited access to all of our classes and will gain an endless amount of martial art experience through Brazilian Jiu-Jitsu, Kickboxing, Wrestling, Muay Thai, and MMA. Over 25 hours of training time is offered per week over the course of six days (Monday-Saturdays). Join the Lycans to get the best training in the Champaign-Urbana area!



PH: (217) 550 3877

Email: lycansdenmma@gmail.com

Contact us today for a FREE trial class!