

Lycan's Den MMA



Our Facility

At Lycans Den MMA, we have over 6,000 square feet of training space alone! We have two different large training areas that allow us to have multiple classes going on at once. Our facility is a total of 11,000 square feet, which includes free parking, a large front desk area where drinks, Butter Babes Co. nut spreads, and Just Bee Acai bowls are served, a welcoming lobby area with a coffee/tea bar and a great view of the mat space, a child's playroom with countless toys and educational games, two large locker rooms that include bathrooms, changing rooms, multiple showers, and large built-in saunas! Additionally, we have a strength and conditioning area with multiple machines to help you reach your fitness goals. On top of all this, we are proud to be the only gym in Central Illinois that has a large MMA cage for our members to train in on a regular basis! Our gym is a home to many and we strive to make it a fun, family-friendly atmosphere!





