

PORTSMOUTH ATHLETIC CLUB SCHEDULE

GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM	SPIN CHRISTINE	BODYPUMP KRISTEN	RPM JAY	BODYPUMP NANCY	SPIN CHRISTINE
8:00AM		BARRE VICTORIA	YOGA KATIE (8:15AM START)	RPM LEE	
9:15AM	BARRE LYNN M.	ATHLETIC STEP ASHLEY	BODY COMBAT JOCELYN + MEG	BARRE LYNN M.	PILATES DEB (9AM START)
9:15AM	RPM LYNN S.		SPIN TRAPPER		BODYPUMP LYNN M.
12:15PM			BODYPUMP MEGAN B.		
4:15PM			PILATES DEB		
4:30PM	BODY COMBAT ELIZ+CHRIS +MEG				YOGA LYNN M.
5:30PM	BODYPUMP MEGAN B.		BODY COMBAT ERICA+KRISTEN	RPM KRISTEN	
5:30PM	PILATES DEB				

SATURDAY	SUNDAY
8:00AM BODY COMBAT TEAM TEACH	8:30AM ATHLETIC STEP ASHLEY
8:15AM RPM ANGELA	8:45AM RPM LEE + KRISSEN
9:15AM BODYPUMP LEE + CHRIS	9:30AM YOGA LYNN M.



95 BREWERY LANE
PORTSMOUTH, NH
603-431-1430
PACWESTEND.COM

TEAM TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM		IGNITE JEFF	BOOTCAMP MEG	IGNITE JEFF	HEAT CHRIS
7:00AM	BURN45 MEG				
8:15AM	AMP'D UP MEG			GLUTECAMP MEG (8AM START)	BOOTCAMP MEG
9:15AM	AMP'D UP MEG	BURN45 MEG	HIIT KELLY	TRX-HIIT MEG	
5:30PM		HIIT KELLY			
5:45PM	AMP'D UP MEG				

SATURDAY
8:00AM HIIT KELLY

SCHEDULE BEGINS
JULY 15, 2025

CLUB HOURS:
M-TH 5:30AM-8PM
F 5:30AM-7PM
SAT. 7AM-5PM
SUN 7AM-1PM

ALL TEAM TRAINING
OCCUR ON TURF

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SATURDAY	SUNDAY



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TEAM TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM					

SATURDAY

SCHEDULE BEGINS
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CLUB HOURS:
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