PORTSMOUTH ATHLETIC CLUB SCHEDULE

GROUP FITNESS + TEAM TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM	VIBE RIDE CHRISTINE	BODY PUMP NANCY	RPM JAY	RIDE45 JEREMY 6:15AM START	VIBE RIDE CHRISTINE
6:00AM		IGNITE JEFF	HYROX MEG	IGNITE JEFF	FUSE NICOLE
7:00AM	HYROX45 MEG	45RIDE/ STRENGTH ANGIE 7:30AM START			
8:00AM	AMP'D MEG	YOGA KATIE 8:15AM START	HIIT KELLY 8:15AM START	RPM LEE	PILATES DEB
8:00AM				GLUTE CAMP MEG	BOOT CAMP MEG
9:00AM	AMP'D MEG	BURN45 MEG 9:15AM START	RIDE45 ARIEL 9:15AM START	HYROX MEG	RIDE/ STRENGTH ANGIE
9:00AM	RPM LYNN S.	BARRE MACKENZIE 9:15AM START	BODY COMBAT TEAM TEACH 9:15AM START	BARRE ARIEL	BODY PUMP LYNN M. 9:15AM START
9:00AM	BARRE LYNN M. 9:15AM START				
10:00AM				YOGA LYNN M.	
12:15PM	HYROX45 MEG		BODY PUMP MEGAN		COMBAT+ CONDITION MEG
4:30PM	BODY COMBAT ERICA	BODY PUMP MATT		RPM JP	YOGA LYNN M.
5:30PM	PILATES DEB	RIDE JENNA	BODY COMBAT TEAM TEACH		
5:30PM	AMP'D MEG 5:45PM START	HYROX KELLY			

SATURDAY	SUNDAY
8:00AM	8:45AM
HIIT KELLY	RPM TEAM TEACH
8:00AM	9:30AM
BODY COMBAT TEAM TEACH	YOGA LYNN M.
8:15AM	
RPM ANGELA	
9:15AM	
BODY PUMP TEAM TEACH	

SCHEDULE BEGINS OCT. 19, 2026

PORTSMOUTH ATHLETIC CLUB

SPIN ROOM

GROUP EX

TURF AREA

FOLLOW US ON SOCIAL MEDIA FOR CLASS UPDATES

@PORTSMOUTHATHLETICCLUB

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

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