

PORTSMOUTH ATHLETIC CLUB SCHEDULE

GROUP FITNESS + TEAM TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM	SPIN CHRISTINE	BODY PUMP KRISTEN	RPM JAY	BODY PUMP NANCY	SPIN+ CHRISTINE
6:00AM		IGNITE JEFF	BOOT CAMP MEG	IGNITE JEFF	
7:00AM	BURN45 MEG				
8:00AM	AMP'D MEG			RPM LEE	BOOT CAMP MEG
8:00AM		CO/MO ASHLEY 8:15AM START	YOGA KATIE 8:15AM START	GLUTE CAMP MEG	
9:00AM	AMP'D MEG	STEP45 ASHLEY	SPIN TRAPPER	BARRE LYNN M.	PILATES DEB
9:00AM	RPM LYNN S.	BURN45 MEG	BODY COMBAT TEAM TEACH 9:15AM START	TRX HIIT+ MEG	BODY PUMP LYNN M.
9:00AM	BARRE LYNN M.		HIIT KELLY 9:15AM START		RIDE/ STRENGTH ANGIE
12:15PM			BODY PUMP MEGAN		
4:30PM	BODY PUMP MATT				YOGA LYNN M.
5:30PM	PILATES DEB	HIIT KELLY	BODY COMBAT TEAM TEACH		
5:45PM	AMP'D MEG				

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



SPIN ROOM	GROUP EX
TURF AREA	PILATES ROOM

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

**SCHEDULE BEGINS
JULY 1, 2026**