

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



Week Commencing: 29th April 2024

To book a drop in session, please login to your HSV account and click make a booking → book a class → performance gym → select session → book

Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 29/04				Everyday Athlete Club 09:30-10:30		Saracens Mavericks 11:00-12:00	This Girl Can 12:00-12:45	Perf sport / HTAP / TASS 13:00-14:00		England Squash 14:15-15:45		Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00	Everyday Athlete Club 19:00-20:00	HTAP / TASS 20:00-21:00		
Tue 30/04							Perf sport / HTAP / TASS 12:00-13:00					Hatfield Swim 17:00-18:00	Arsenal WFC 18:00-19:00	Everyday Athlete Club / HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15		
Wed 01/05				Everyday Athlete Club 09:30-10:30		Perf sport / HTAP / TASS 11:00-12:00				England Squash 14:15-15:45		Everyday Athlete Club 17:15-18:15	Herts Golf 18:15-19:15	Herts Golf 19:15-20:15	HTAP / TASS 20:15-21:15		
Thu 02/05						Perf sport / HTAP / TASS 11:00-12:00	Perf Pilates 12:00-13:00					Hatfield Swim 17:00-18:00	Arsenal WFC 18:00-19:00	Everyday Athlete Club / HTAP / TASS 19:00-20:00	Arsenal WFC 20:00-21:00		
Fri 03/05		UH Futsal 08:30-09:30	Everyday Athlete Club 09:30-10:30		Perf sport / HTAP / TASS 11:00-12:00			Arsenal WFC U16's 13:30-14:30	England Squash 14:30-15:30	Arsenal WFC U21's 15:30-16:30	HTAP / TASS 16:30-17:45		Everyday Athlete Club 18:00-19:00				
Sat 04/05			Strength & Conditioning Level 2 Workshop 09:00-16:30 (Arsenal WFC U21's 11:15-12:15)														
Sun 05/05																	



“As long as you remain true to yourself and continue training with sincerity, nobody can stop you from achieving excellence.” — Milkha Singh