= Closed	= Private Booking	= Available	= PH Members Unsupervised Access (Waiver required)

Week Commencing: 5th May 2025

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

performance herts
Building Better Athletes

Time / Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 05/05			May Bank Holiday														
Tue 06/05			Adult HTAP 07:30-08:30			Perf Sport / ALL HTAP / TASS 11:00-12:00					UH Mens Futsal 16:00-17:00	Hatfield Swim 17:00-18:00	Arsenal WFC Academy 18:00-19:00	ALL HTAP / TASS 19:00-20:00	Arsenal WFC Academy 20:00-21:00		
Wed 07/05						Perf Sport / ALL HTAP / TASS 11:00-12:00			England Squash 14:30-15:30				Herts Golf 1 18:15-19:15	Herts Golf 2 19:15-20:15	Youth HTAP / TASS 20:15-21:15		
Thu 08/05			Adult HTAP 07:30-08:30	MSc Practical Assessments 08:30-17:00 Performance Pilates (Studio 1) 12:15-13:05								Hatfield Swim 17:00-18:00		ALL HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15		
Fri 09/05			MSc Practical Assessments 08:00-12:00			Perf Sport / ALL HTAP / TASS 12:00-13:00		Arsenal WFC U16's 13:30-14:30	England Squash 14:30-15:30	Arsenal WFC U21's 15:30-16:30	Youth HTAP / TASS 16:30-17:30	Speed & Agility 17:30-18:00					
Sat 10/05					Arsenal WFC U21's 11:15-12:15												
Sun 11/05																	

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"It's hard to beat a person who never gives up." – Babe Ruth