

= Closed	= Private Booking	= Available	= PH Members Unsupervised Access (Waiver required)	 Building Better Athletes
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Week Commencing: 12th 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

Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 12/05						Perf Sport / HTAP / TASS 11:00-12:00	Active Staff - TGC 12:00-12:45			England Squash 14:30-15:30		UH Netball 16:00-17:00	Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00		HTAP / TASS 20:00-21:00	
Tue 13/05		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00		Olympic Weightlifting Workshop 16:30	13:30-			Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Wed 14/05						Perf Sport / 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	HTAP / TASS 20:15-21:15	
Thu 15/05		Adult HTAP 07:30-08:30				Performance Pilates 11:05-11:55	Perf Sport / HTAP / TASS 12:00-13:00				UH American Football 2 16:00 - 17:00	Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00		Hatfield Swim 20:15-21:15	
Fri 16/05				BodyBalance CPD Day 09:00-16:00 Perf Sport / HTAP / TASS 12:00-13:00								HTAP / TASS 16:30-17:30	Speed & Agility 17:30-18:00				
Sat 17/05																	
Sun 18/05																	

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"A champion is simply someone who did not give up when they wanted to." – Tom Landry