

= Closed			= Private Booking			= Available			= PH Members Unsupervised Access (Waiver required)			<div>performance</div> <div>herts</div> <div>Building Better Athletes</div>											
<div>Week Commencing: 11th August 2025</div> <div>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</div>																							
Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10						
Mon 11/08						Perf Sport / HTAP / TASS 11:00-12:00	Active Staff - TGC 12:00- 12:45			Adult HTAP 14:30-15:30			Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00									
Tue 12/08		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00								HTAP / TASS 19:00-20:00									
Wed 13/08						Perf Sport / HTAP / TASS 11:00-12:00				Adult HTAP 14:30-15:30				HTAP / TASS 19:00-20:00									
Thu 14/08		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00								HTAP / TASS 19:00-20:00									
Fri 15/08						Perf Sport / HTAP / TASS 11:00-12:00				Adult HTAP 14:30-15:30		HTAP / TASS 16:30-17:30	Spd & Agility 17:30- 18:00										
Sat 16/08																							
Sun 17/08																							
<div><div>Facebook</div>PerformanceHertfordshire</div>						<div><div>Twitter</div>PerformHerts</div>						<div><div>Instagram</div>PerformanceHerts</div>						<div>"Make sure your worst enemy doesn't live between your own two ears." – Laird Hamilton</div>					

