

= Closed

= Private Booking

= Available

= PH Members Unsupervised
Access (Waiver required)

performance

herts

Building Better Athletes

Week Commencing: 18th August 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
→ book1

Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 18/08						Perf Sport / HTAP / TASS 11:00-12:00	Active Staff - TGC 12:00-12:45		Summer Camp 13.00-14.30	Adult HTAP 14:30-15:30			Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00			
Tue 19/08		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00			Summer Camp 13.00-14.30					HTAP / TASS 19:00-20:00			
Wed 20/08						Perf Sport / HTAP / TASS 11:00-12:00			Summer Camp 13.00-14.30	Adult HTAP 14:30-15:30				HTAP / TASS 19:00-20:00			
Thu 21/08		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00			Summer Camp 13.00-14.30				HTAP / TASS 18:00-19:00	Flames Netball 19:00-20:00			
Fri 22/08						Perf Sport / HTAP / TASS 11:00-12:00			Summer Camp 13.00-14.30	Adult HTAP 14:30-15:30		HTAP / TASS 16:30-17:30	Spd & Agility 17:30-18:00				
Sat 23/08																	
Sun 24/08																	

PerformanceHertfordshire

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"You'll never know what you're capable of until you take that first step and just go for it." – Natasha Hastings

