

= Closed				= Private Booking				= Available				= PH Members Unsupervised Access (Waiver required)				<div>performance herts</div> <div>Building Better Athletes</div>			
Week Commencing: 25th 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 → book																			
Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10		
Mon 25/08	Summer Bank Holiday																		
Tue 26/08						Perf Sport / HTAP / TASS 11:00-12:00						HTAP / TASS 17:00-18:00							
Wed 27/08						Perf Sport / HTAP / TASS 11:00-12:00				Adult HTAP 14:30-15:30				HTAP / TASS 19:00-20:00					
Thu 28/08		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00							HTAP / TASS 18:00-19:00	Flames Netball 19:00-20:00					
Fri 29/08						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 30/08																			
Sun 31/08																			
<div><div> PerformanceHertfordshire</div><div> PerformHerts</div><div> PerformanceHerts</div></div> <div>"What makes something special is not just what you have to gain, but what you feel there is to lose." – Andre Agassi</div>																			

