

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

performance herts

Building Better Athletes

Week Commencing: 1st Sept 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 01/09						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30			Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00			
Tue 02/09		Adult HTAP 07:30-08:30		S&C Level 1 Workshop 09:15-15:45 Perf Sport / HTAP / TASS 12:00-13:00								Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Wed 03/09						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30					HTAP / TASS 19:00-20:00			
Thu 04/09		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00	HTAP / TASS 18:00-19:00	Flames Netball 19:00-20:00	Hatfield Swim 20:15-21:15		
Fri 05/09						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 06/09																	
Sun 07/09																	

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"Victory is in having done your best. If you've done your best, you've won." – Billy Bowerman

