= Closed	= Private Booking	= Available	= PH Members Unsupervised Access (Waiver required)

performance herts
Building Better Athletes

Week Commencing: 8th Dec 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 08/12						Perf Sport / HTAP / TASS 11:00-12:00	Mavs NSL 12:00-13:00		Adult HTAP 14:30-15:30		UH Netball 16:00-17:00	Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00	Perf Sport / HTAP / TASS 20:00-21:00		
Tue 09/12		UH Netball 7:00-7:30	Adult HTAP 07:30-08:30			Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00	Watford FC 18:00-19:00	HTAP / TASS 19:00-20:00			
Wed 10/12						MSc Practical 10:30-12:00	Perf Sport / HTAP / TASS 12:00-13:00	MSc Practical 13:00-14:30	Adult HTAP 14:30-15:30			Pre HTAP 17:15-18:15	Herts Golf 1 18:15-19:15	Herts Golf 1 19:15-20:15	HTAP / TASS 20:15-21:15		
Thu 11/12			Adult HTAP 07:30-08:30			Perf Sport / HTAP / TASS 11:00-12:00	Mavs NSL 12:00-13:00 Perf Pilates (Studio 1) 12:15-13:00	Perf Physio & Rehab 13:00-14:00			UH American Football 2 16:00-17:00	Hatfield Swim 17:00-18:00	UH Basketball 18:00-18:45		HTAP / TASS 19:30-20:15	Hatfield Swim 20:15-21:15	
Fri 12/12						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		Herts Cricket 19:00-20:00		
Sat 13/12																	
Sun 14/12																	

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"Continuous effort – not strength or intelligence – is the key to unlocking our potential." – Winston Churchill