performance = PH Members Unsupervised = Closed = Private Booking = Available Access (Waiver required) Week Commencing: 15th Dec 2025 **Building Better Athletes** To book a drop in session, please login to your HSV account and click make a booking → book a class → performance gym → select session \rightarrow book Time 6 7 8 9 2 3 7 8 9 10 11 12 1 4 5 6 10 Date Perf Sport / Perf Sport / Mon Mavs NSL Regional Golf HTAP / TASS Swim 18:00-19:00 19:00-20:00 16:00-17:00 15/12 Tue Adult HTAP Watford FC HTAP / TASS HTAP / TASS Swim 07:30-08:30 18:00-19:00 19:00-20:00 16/12 11:00-12:00 Perf Sport / Wed Adult HTAP Herts Golf 1 Herts Golf 1 HTAP / TAS 17/12 18:15-19:15 19:15-20:15 11:00-12:00 Perf Pilates Thu & Rehab Swim 18/12 20:15 Perf Sport / HTAP / TASS Agility Fri 14:30-15:30 16:30-17:30 17:30 19/12 11:00-12:00 Sat 20/12 Sun 21/12 PerformanceHertfordshire PerformHerts PerformanceHerts "Take care of your body. It's the only place you have to live." - Jim Rohn