

= Closed			= Private Booking			= Available			= PH Members Unsupervised Access (Waiver required)			<div>performance</div> <div>herts</div> <div>Building Better Athletes</div>					
<div>Week Commencing: 22nd Dec 2025</div> <div>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</div>																	
Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 22/12						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30			Hatfield Swim 17:00-18:00	HTAP / TASS 18:00-19:00				
Tue 23/12	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 24/12																	
Thu 25/12	<div>Merry Christmas from all at Performance Herts</div>																
Fri 26/12																	
Sat 27/12																	
Sun 28/12																	
<div><div><div>f</div><div>PerformanceHertfordshire</div></div><div><div>t</div><div>PerformHerts</div></div><div><div>PerformanceHerts</div></div></div> <div>"Motivation is what gets you started. Habit is what keeps you going." – Jim Ryun</div>																	

