= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

## Week Commencing: 5th Jan 2026

To book a drop in session, please login to your HSV account and click make a booking  $\rightarrow$  book a class  $\rightarrow$  performance gym  $\rightarrow$  select session **Building Better Athletes** 

	→ book																
Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 05/01						Perf Sport / HTAP / TASS 11:00-12:00			Adult 14:30			Hatfield Swim 17:00-18:00	18:00-19:00	f HTAP / TASS 19:00-20:00			
Tue 06/01		Adult 07:30	HTAP -08:30			Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Wed 07/01						Perf Sport / HTAP / TASS 11:00-12:00			Adult 14:30			Pre HTA 17:15-18			lf 1 HTAP / TA :15 20:15-21:		
Thu 08/01		Adult 07:30	HTAP -08:30			Perf Sport / HTAP / TASS 11:00-12:00	MAVS NSL 12:00-13:00 Pilates (Studio 1) 12.15-13.05				UH American Football 2 16:00-17:00	Hatfield Swim 17:00-18:00	Basketbal N 18:00-	Mavs HTA ext Gen TAS 18:45- 19:3 19:30 20:	SS Swim		
Fri 09/01			Λen's tsal -08:30			Perf Sport / HTAP / TASS 11:00-12:00			Adult 14:30			Spd & Agility -17:30 17:30 18:00		Herts Cricket 19:00-20:00			
Sat 10/01																	
Sun 11/01																	





