performance = PH Members Unsupervised = Closed = Private Booking = Available Access (Waiver required) Week Commencing: 12th Jan 2026 **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 / Mon Regional Golf HTAP / TASS MAVS NSL 18:00-19:00 19:00-20:00 12/01 Tue Watford FC HTAP / TASS HTAP / TASS Swim 07:30-08:30 18:00-19:00 19:00-20:00 13/01 11:00-12:00 Perf Sport / Wed Adult HTAP Herts Golf 1 Herts Golf 1 HTAP / TAS 17:15-18:15 18:15-19:15 19:15-20:15 14/01 11:00-12:00 Mavs **MAVS NSL** Thu & Rehab Swim 15/01 11:00-12:00 Pilates (Studio 19:30 20:15 Perf Sport / Fri HTAP / TASS Agilit Futsal 16:30-17:30 17:30 16/01 07:30-08:30 11:00-12:00 Sat 17/01 Sun 18/01 PerformanceHertfordshire PerformHerts PerformanceHerts "When you hit failure, your workout has just begun." - Ronnie Coleman