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

performance herts
Building Better Athletes

Week Commencing: 29th 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 29/12						Perf Sport / HTAP / TASS 11:00-12:00	Regional Golf 12:00-13:00			Adult HTAP 14:30-15:30	Hatfield Swim 16:00-17:00	HTAP / TASS 17:00-18:00					
Tue 30/12							Perf Sport / HTAP / TASS 12:00-13:00			Adult HTAP 14:30-15:30	Hatfield Swim 16:00-17:00	HTAP / TASS 17:00-18:00					
Wed 31/12																	
Thu 01/01																	
Fri 02/01																	
Sat 03/01																	
Sun 04/01																	

Happy New Year from all at Performance Herts

PerformanceHertfordshire PerformHerts PerformanceHerts

"Motivation is what gets you started. Habit is what keeps you going." – Jim Ryun