

= Closed			= Private Booking			= Available			= PH Members Unsupervised Access (Waiver required)			<div>performance herts</div> <div>Building Better Athletes</div>					
<div>Week Commencing: 21st July 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 21/07						Perf Sport / HTAP / TASS 11:00-12:00	Active Staff - TGC 12:00-12:45			Adult HTAP 14:30-15:30		Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00			
Tue 22/07		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Wed 23/07						Perf Sport / HTAP / TASS 11:00-12:00				Adult HTAP 14:30-15:30				HTAP / TASS 19:00-20:00			
Thu 24/07		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00		Hatfield Swim 20:15-21:15	
Fri 25/07						Perf Sport / HTAP / TASS 11:00-12:00				Adult HTAP 14:30-15:30		HTAP / TASS 16:30-17:30	Spd & Agility 17:30-18:00				
Sat 26/07																	
Sun 27/07																	

PerformanceHertfordshire

PerformHerts

PerformanceHerts

"It's hard to beat a person who never gives up." – Babe Ruth