performance = PH Members Unsupervised = Closed = Private Booking = Available Access (Waiver required) Week Commencing: 21st July 2025 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 → book Time 6 7 9 2 5 6 7 9 8 10 11 12 1 3 4 8 10 Date Staff -Mon Regional Golf HTAP / TASS 18:00-19:00 19:00-20:00 21/07 11:00-12:00 12:00-12:45 Tue HTAP / TASS HTAP / TASS 22/07 11:00-12:00 L7:00-18:00 Wed 23/07 Thu HTAP / TASS Swim Swim 24/07 11:00-12:00 Fri HTAP / TASS Agility HTAP / TASS 25/07 16:30-17:30 17:30 Sat 26/07 Sun 27/07 PerformanceHertfordshire PerformHerts PerformanceHerts "It's hard to beat a person who never gives up." - Babe Ruth