

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

performance

herts

Building Better Athletes

Week Commencing: 28th July 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 28/07						Perf Sport / HTAP / TASS 11:00-12:00	Active Staff - TGC 12:00-12:45			Adult HTAP 14:30-15:30			Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00			
Tue 29/07		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00								HTAP / TASS 19:00-20:00			
Wed 30/07						Perf Sport / HTAP / TASS 11:00-12:00				Adult HTAP 14:30-15:30				HTAP / TASS 19:00-20:00			
Thu 31/07		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00								HTAP / TASS 19:00-20:00			
Fri 01/08						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 02/08																	
Sun 03/08																	

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"A champion is simply someone who did not give up when they wanted to." – Tom Landry