

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

performance

herts

Building Better Athletes

Week Commencing: 14th 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 14/07						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 15/07		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 16/07						Perf Sport / HTAP / TASS 11:00-12:00				Adult HTAP 14:30-15:30				HTAP / TASS 19:00-20:00			
Thu 17/07		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00	Performance Pilates 12:05-12:55		Olympic Weightlifting Workshop 13:30-16:30			Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00		Hatfield Swim 20:15-21:15	
Fri 18/07				Strength & Conditioning Level 1 Workshop 09:00-16:30 Perf Sport / HTAP / TASS 12:00-13:00								HTAP / TASS 16:30-17:30	Spd & Agility 17:30-18:00				
Sat 19/07																	
Sun 20/07																	

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"Victory is in having done your best. If you've done your best, you've won." – Billy Bowerman



