

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

performance

herts

Building Better Athletes

Week Commencing: 26th May 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 26/05	Bank Holiday																
Tue 27/05		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 28/05						Perf Sport / HTAP / TASS 11:00-12:00							HTAP / TASS 18:00-19:00				
Thu 29/05		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00					UH American Football 2 16:00 - 17:00	Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00		Hatfield Swim 20:15-21:15	
Fri 30/05						Perf Sport / HTAP / TASS 11:00-12:00						HTAP / TASS 16:30-17:30	Speed & Agility 17:30-18:00				
Sat 31/05																	
Sun 01/06																	

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"You'll never know what you're capable of until you take that first step and just go for it." –

Natasha Hastings