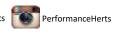
performance = PH Members Unsupervised = Closed = Private Booking = Available Access (Waiver required) Week Commencing: 3rd Nov 2025 **Building Better Athletes** To book a drop in session, please login to your HSV account and click make a booking → book a class → performance gym → select session \rightarrow book Time 6 7 8 9 2 3 6 7 8 10 11 12 1 4 5 Date Perf Sport / Mon Mavs NSL Regional Golf HTAP / TASS Swim 18:00-19:00 19:00-20:00 16:00-17:00 03/11 Tue Adult HTAP Watford FC HTAP / TASS HTAP / TASS Swim 07:30-08:30 18:00-19:00 19:00-20:00 04/11 13:45 Perf Sport Wed MSc Practical 10:30-Adult HTAP Herts Golf 1 Herts Golf 1 HTAP / TAS 05/11 12:00-13:00 Mavs **MAVS NSL** Thu & Rehab Swim 06/11 Pilates (Studio 19:30 20:15 Perf Sport / Fri HTAP / TASS Agilit Futsal 16:30-17:30 17:30 07/11 07:30-08:30 11:00-12:00 Sat 08/11



Sun 09/11



9

10