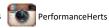
performance = PH Members Unsupervised = Closed = Private Booking = Available Access (Waiver required) Week Commencing: 24th Nov 2025 **Building Better Athletes** To book a drop in session, please login to your HSV account and click make a booking → book a class → performance gym → select session \rightarrow book Time 6 7 8 9 3 7 8 10 11 12 1 2 4 5 6 Date Perf Sport / Hatfield Regional Golf HTAP / TASS Mon Mavs NSL Swim 18:00-19:00 19:00-20:00 16:00-17:00 24/11 Watford FC HTAP / TASS Tue **BSc Practical** Swim 07:30-08:30 13:00-13:45 18:00-19:00 19:00-20:00 25/11 Herts Golf 1 Herts Golf 1 HTAP / TAS Wed Adult HTAP HTAP / TASS 26/11 17:15-18:15 18:15-19:15 19:15-20:15 11:00-12:00 **BSc Practical** Mavs Perf Physic Thu & Rehab Swim Mavs NSL (main gym) 12:00-13:00 27/11 20:15 Perf Pilates (Studio 1) 12:15-13:00 19:30 Perf Sport / Fri HTAP / TASS Agilit Futsal 16:30-17:30 17:30 28/11 07:30-08:30 11:00-12:00 Sat 29/11



Sun 30/11





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