= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

Week Commencing: 1st Dec 2025

To book a drop in session, please login to your HSV account and click make a booking \rightarrow book a class \rightarrow performance gym \rightarrow select session Building Better Athletes

	→ DOOR																
Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 01/12						Perf Sport / HTAP / TASS 11:00-12:00	Mavs NSL 12:00-13:00			HTAP 15:30	UH Netball 16:00-17:00	Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00	Perf Sport / HTAP / TASS 20:00-21:00		
Tue 02/12			HTAP -08:30			Perf Sport / HTAP / TASS 11:00-12:00		TGC 13:00-13:45				Hatfield Swim 17:00-18:00	Watford FC 18:00-19:00				
Wed 03/12						Perf Sport / HTAP / TASS 11:00-12:00			Adult 14:30	HTAP 15:30		Pre HTA 17:15-18:	P Herts Gol 15 18:15-19		lf 1 HTAP / TA :15 20:15-21:		
Thu 04/12		Adult 07:30	HTAP -08:30			Perf Sport / HTAP / TASS 11:00-12:00	Mavs NSL 12:00-13:00 Perf Pilates (Studio 1) 12:15-13:00	Perf Physio & Rehab 13:00-14:00			UH American Football 2 16:00-17:00	Hatfield Swim 17:00-18:00	Basketbal Ne 18:00- 1	Mavs HTAI ext Gen TAS .8:45- 19:3 19:30 20:1	S Swim 0-		
Fri 05/12		Fu	Men's tsal -08:30			Perf Sport / HTAP / TASS 11:00-12:00			Adult 14:30	HTAP 15:30		/ TASS Agility -17:30 17:30- 18:00		Herts Cricket 19:00-20:00			
Sat 06/12																	
Sun 07/12																	



