performance = PH Members Unsupervised = Closed = Private Booking = Available Access (Waiver required) Week Commencing: 27th Oct 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 7 8 10 11 12 1 4 5 6 Date Mon Regional Golf HTAP / TASS 18:00-19:00 19:00-20:00 16:00-17:00 27/10 Tue Adult HTAP Watford FC HTAP / TASS BSc Practical 09:00-13:00 Swim 07:30-08:30 18:00-19:00 19:00-20:00 28/10 13:45 Perf Sport , Wed Adult HTAP 29/10 11:00-12:00 Mavs Perf Physic Thu BSc Practical 09:00-13:00 & Rehab 30/10 20:15 19:30 Perf Sport / HTAP / TASS Agility Fri Futsal 16:30-17:30 17:30 31/10 07:30-08:30 11:00-12:00 Sat 01/11 Sun 02/11





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