

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

performance

herts

Building Better Athletes

Week Commencing: 15th Sept 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 15/09					UH Netball Testing 9:00-12:00 Perf Sport / HTAP / TASS 11:00-12:00				Adult HTAP 14:30-15:30		UH Netball 16:00-17:00	Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Tue 16/09		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:01				BSc Practical 15:00-17:00		Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Wed 17/09						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30				Herts Golf 1 18:15-19:15	Herts Golf 1 19:15-20:15	HTAP / TASS 20:15-21:15		
Thu 18/09		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00	UH Basketball 18:00-18:45	HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15		
Fri 19/09						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30		HTAP / TASS 16:30-17:30	Spd & Agility 17:30-18:00					
Sat 20/09																	
Sun 21/09																	

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"Strength does not come from physical capacity. It comes from an indomitable will." – Mahatma Ghandi

