

= Closed			= Private Booking			= Available			= PH Members Unsupervised Access (Waiver required)			<div>performance herts</div> <div>Building Better Athletes</div>					
<div>Week Commencing: 29th Sept 2025</div> <div>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</div>																	
Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 29/09						Perf Sport / HTAP / TASS 11:00-12:00	TGC 12:00-12:45			Adult HTAP 14:30-15:30		UH Netball 16:00-17:00	Hatfield Swim 17:00-18:00	Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00		
Tue 30/09		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00					UH American Football 1 16:00-17:00	Hatfield Swim 17:00-18:00	Watford FC 18:00-19:00	HTAP / TASS 19:00-20:00			
Wed 01/10						MSc Practical 10:30-12:00	Perf Sport / HTAP / TASS 12:00-13:00	MSc Practical 13:00-14:30		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 02/10		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00	Perf Sport Pilates 12:05-12:55				UH American Football 2 16:00-17:00	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 03/10		UH Women's Football 07:30-08:30				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	UH Men's Futsal 18:00-19:00	Herts Cricket 19:00-20:00		
Sat 04/10																	
Sun 05/10																	
<div><div><div> PerformanceHertfordshire</div><div> PerformHerts</div><div> PerformanceHerts</div></div><div>"Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway." –Earl Nightingale</div></div>																	



