

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

performance herts

Building Better Athletes

Week Commencing: 22nd 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 22/09						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	Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00			
Tue 23/09		UH Netball II 7:00-7:30	Adult HTAP 07:30-08:30			Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Wed 24/09						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 25/09		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00	Perf Sport Pilates (Studio 1) 12.15-13:00					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 26/09						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	UH Men's Futsal 18:00-19:00	Herts Cricket 19:00-20:00			
Sat 27/09																	
Sun 28/09																	

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"If you want something you've never had, you must be willing to do something you've never done." – Thomas Jefferson