= Closed	= Private Booking	= Available	= PH Members Unsupervised Access (Waiver required)

Week Commencing: 7th Sept 2026

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

PERFORMANCE HERTS

Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 07/09						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30				Regional Golf 18:00-19:00	HTAP / TASS 19:00-20:00	Perf Sport / HTAP / TASS 20:00-21:00		
Tue 08/09		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 09/09						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30			HTAP / TASS 17:00-18:00			HTAP / TASS 20:00-21:00		
Thu 10/09		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00		Mavs 13:00-14:00				Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Fri 11/09						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30		Spd & Agility 17:30-18:00	HTAP / TASS 17:00-18:00					
Sat 12/09																	
Sun 13/09																	

PerformanceHertfordshire PerformHerts PerformanceHerts

"If you can't outplay them, outwork them." – Ben Hogan