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

Week Commencing: 31st August 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 31/08																	
Tue 01/09			Adult HTAP 07:30-08:30			Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00			HTAP / TASS 19:30-20:30		
Wed 02/09						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 03/09			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 04/09						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 05/09																	
Sun 06/09																	

PerformanceHertfordshire PerformHerts PerformanceHerts

"True champions aren't always the ones that win, but the ones with the most guts." – Mia Hamm