

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)

performance

herts

Building Better Athletes

Week Commencing: 9th Feb 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

Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10		
Mon 09/02						Perf Sport / HTAP / TASS 11:00-12:00	MAVS NSL 12:00-13:00			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	Perf Sport / HTAP / TASS 20:00-21:00			
Tue 10/02		UH Netball II 7:00-7:30	Adult HTAP 07:30-08:30			BSc Practical 11:00-13:00		TGC 13:00-13:45				Hatfield Swim 17:00-18:00	Watford FC 18:00-19:00	HTAP / TASS 19:00-20:00					
Wed 11/02						Perf Sport / HTAP / TASS 11:00-12:00				Adult HTAP 14:30-15:30			Pre HTAP 17:15-18:15	Herts Golf 1 18:15-19:15	Herts Golf 1 19:15-20:15	HTAP / TASS 20:15-21:15			
Thu 12/02			Adult HTAP 07:30-08:30			Perf Sport / HTAP / TASS 11:00-12:00	MAVS NSL 12:00-13:00 Pilates (Studio 1) 12.15-13.05	Perf Physio & Rehab 13:00-14:00				UH American Football 2 16:00-17:00	Hatfield Swim 17:00-18:00	UH Basketball 18:00-18:45		HTAP / TASS 19:30-20:15	Hatfield Swim 20:15-21:15		
Fri 13/02			UH Men's Futsal 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					
Sat 14/02					S&C Level 1 Workshop 09:30-15:45														
Sun 15/02																			

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"Being uncomfortable is the life blood of toughness." – Bo Hanson