

= Closed

= Private Booking

= Available

= PH Members Unsupervised
Access (Waiver required)

performance herts

Building Better Athletes

Week Commencing: 16th 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



PerformanceHertfordshire



PerformHerts



PerformanceHerts

"Greatness isn't born, it's grown." – Malcolm Gladwell