

= 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

Time Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	
Mon 16/02					S&C Level 2 Workshop 09:15-15:45 (CH from 14:30) MAVS NSL 12:00-13:00 Drop In (ALL) 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 17/02		UH Netball II 7:00-7:30	Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00		TGC 13:00-13:45				Hatfield Swim 17:00-18:00	Watford FC 18:00-19:00	HTAP / TASS 19:00-20:00			
Wed 18/02						MSc Practical 10:30-12:00	Perf Sport / HTAP / TASS 12:00-13:00	MSc Practical 13:00-14:30	Adult HTAP 14:30-15:30				Olympic Weightlifting Masterclass 17:30-20:00		HTAP / TASS 20:15-21:15			
Thu 19/02			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	Mavs Next Gen 18:45-19:30	HTAP / TASS 19:30-20:15	Hatfield Swim 20:15-21:15	
Fri 20/02			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 21/02					S&C Level 3 Workshop 09:30-15:45													
Sun 22/02																		

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