

= Closed

= Private Booking

= Available

= PH Members Unsupervised
Access (Waiver required)



**PERFORMANCE
HERTS**

Week Commencing: 13th July 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 13/07						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30			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 14/07			AFEX Camp 08:00-09:00	Adult HTAP 09:00-10:00		Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Wed 15/07			AFEX Camp 08:00-09:00			Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30			Pre HTAP 17:15-18:15		HTAP / TASS 19:00-20:00			
Thu 16/07			AFEX Camp 08:00-09:00			Perf Sport / HTAP / TASS 11:00-12:00	Pilates (Studio 1) 12:15-13:05					Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00	Hatfield Swim 20:15-21:15		
Fri 17/07				AFEX Camp 09:00-10:00		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 18/07				AFEX Camp 09:00-10:00				AFEX Camp 13:00-14:00									
Sun 19/07																	



PerformanceHertfordshire



PerformHerts



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"Hard days are the best because that's when champions are made." –Gabby Douglas