

= Closed

= Private Booking

= Available

= PH Members Unsupervised Access (Waiver required)



PERFORMANCE  
HERTS

### Week Commencing: 20th 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 20/07						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 21/07		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00						Hatfield Swim 17:00-18:00		HTAP / TASS 19:00-20:00			
Wed 22/07						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30					HTAP / TASS 19:00-20:00			
Thu 23/07		Adult HTAP 07:30-08:30				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 24/07						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 25/07	Closed																
Sun 26/07	Closed																



PerformanceHertfordshire



PerformHerts



PerformanceHerts

"Every champion was once a contender that refused to give up." – Rocky Balboa