| = Closed | = Private Booking | = Available | = PH Members Unsupervised Access (Waiver required) |
|---|---|---|---|

# Week Commencing: 3rd August 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

PERFORMANCE HERTS

| Time<br>Date | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mon<br>03/08 | | | | | | Perf Sport / HTAP / TASS 11:00-12:00 | | | Adult HTAP 14:30-15:30 | | | | Regional Golf 18:00-19:00 | HTAP / TASS 19:00-20:00 | Perf Sport / HTAP / TASS 20:00-21:00 | | |
| Tue<br>04/08 | | Adult HTAP 07:30-08:30 | | | | Perf Sport / HTAP / TASS 11:00-12:00 | | | | | | | | HTAP / TASS 19:00-20:00 | | | |
| Wed<br>05/08 | | | | | | Perf Sport / HTAP / TASS 11:00-12:00 | | | Adult HTAP 14:30-15:30 | | | | HTAP / TASS 18:00-19:00 | | | | |
| Thu<br>06/08 | | Adult HTAP 07:30-08:30 | | | | Perf Sport / HTAP / TASS 11:00-12:00 | | | | | | | | HTAP / TASS 19:00-20:00 | | | |
| Fri<br>07/08 | | | | | | 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<br>08/08 | | | | | | | | | | | | | | | | | |
| Sun<br>09/08 | | | | | | | | | | | | | | | | | |

PerformanceHertfordshire PerformHerts PerformanceHerts

"One man can be a crucial ingredient on a team, but one man cannot make a team." – Kareem Abdul-Jabaar