= 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 Date	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
Mon 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 04/08		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00								HTAP / TASS 19:00-20:00			
Wed 05/08						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30				HTAP / TASS 18:00-19:00				
Thu 06/08		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00		Mavs 13:00-14:00						HTAP / TASS 19:00-20:00			
Fri 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 08/08																	
Sun 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