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

Week Commencing: 10th 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 10/08						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 11/08		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00								HTAP / TASS 19:00-20:00			
Wed 12/08						Perf Sport / HTAP / TASS 11:00-12:00			Adult HTAP 14:30-15:30				HTAP / TASS 18:00-19:00				
Thu 13/08		Adult HTAP 07:30-08:30				Perf Sport / HTAP / TASS 11:00-12:00		Mavs 13:00-14:00					HTAP / TASS 18:00-19:00	HTAP / TASS 19:00-20:00			
Fri 14/08						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 15/08																	
Sun 16/08																	

PerformanceHertfordshire PerformHerts PerformanceHerts

"Most people never run far enough on their first wind to find out they've got a second." – William James